

ABOUT THE AUTHOR

Aila Accad



Aila Accad, RN, MSN, “Your Stress-Busters Expert” is an award-winning speaker, best-selling author and certified comprehensive life coach with Bachelor and Master of Science degrees in nursing, who specializes in quick ways to release stress and reclaim that energy to live your fullest life and achieve your highest purpose. Aila believes that following The Call of the Soul is the ultimate solution to stress as it assures success in living a happy, peaceful, joyous, passionate, purposeful, loving life. It is her deepest purpose to light the way for others to find their heart’s desire.

Aila’s life is a process of learning through firsthand experience and sharing the essence of that knowledge and wisdom with others. After teaching stress-management for over 25 years, Aila had a stress crisis, which led to a new understanding of stress and how to recover quickly. She published her findings in the award-winning bestseller, “34 Instant Stress-Busters, Quick tips to de-stress fast with no extra time or money.” Thousands of people reclaimed freedom in their lives through the application of her groundbreaking process, “Breaking the Perfection Myth.”

In her latest contribution, wisdom gained from over 20 years as a participant and practitioner in deep transformative life experiences is synthesized into a clear map for how to hear and live “The Call of the Soul: A path to knowing your true self and your life’s purpose.”

As president and founder of LifeQuest International, LLC, she is an innovator in wellness training and coaching. Aila shares real life examples and creates uniquely simple, down to earth experiences that help seminar participants and coaching clients get quick and lasting results. She consistently receives high praise for her work. One conference planner summarized her experience this way, “With natural humor and consistent non-judgment it feels like Aila’s arms reach out to embrace the entire room.”

As an innovator and futurist, Aila is a popular keynote speaker and radio and television guest. She is a contributing author in several books including “Living in the Now”, is a published researcher on factors of family strength and the lived experience of recovering from addiction and has numerous articles online, in magazines and in peer reviewed journals. She is a contributing expert on Dr. Oz’s Sharecare website.

Aila is a member of the National Speakers Association, Distinguished Toastmaster and recipient of the Business Woman of the Year Award and West Virginia University School of Nursing Golden Graduate Award. In 2012 “34 Instant Stress-Busters” was selected as one of the “Top 50 Must Read Books for Nurses.” Her biography appears in Who's Who in American Nursing and Who's Who of Women Executives

You can connect with Aila through

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