

For Immediate Release

Media Contact: Simon Warwick-Smith
warwick@vom.com
(707) 939-9212
www.warwickassociates.com

Hearing the Call of Your Soul

LifeQuest Coach and Healer Lights the Path

"If you have ever asked yourself, 'Is this all there is,' then The Call of the Soul should be at the top of your reading list. A lack of meaning, direction and purpose not only makes us unhappy but unhealthy. The best way to fill this emptiness is through the deep wisdom to which Aila Accad leads us in this luminous book."
Larry Dossey, MD, author of *Healing Words*

San Francisco, CA (June 24, 2013) — A renowned energy healer, reiki master and stress expert, and a popular life coach, Aila Accad is famous for her easily grasped approaches to the quest for the authentic self. Her new book, *The Call of the Soul: A Path to Knowing Your True Self and Your Life*, consolidates a lifetime of research and exploration of the purpose of life.

The book lays out a clear, new way to set off on the journey to authenticity, complete with a map and effective tools to ease the struggle and assure success. *The Call of the Soul* explains how to negotiate the relationship between the ego and the soul, thereby rediscovering passion for life, one's unique purpose, inner peace, prosperity, and life-long love—all by learning how to hear the call of the soul.

Accad's easy-to-read, down-to-earth writing style is the perfect vehicle for her fascinating true-life examples, stories and guidelines. *The Call of the Soul* guides readers to:

- *Compassion and appreciation of the whole mind-body-spirit, including those elements that resist change*
- *A quick way to release emotions and beliefs that hinder the expression of true self and purpose*
- *A new feeling of ease and confidence in individual life purpose*
- *Discovery of the authentic self*

Thousands of people have achieved self-knowledge and freedom from stress through Accad's groundbreaking workshops, retreats, media appearances, books, DVDs and audios.

About the author: Aila Accad, RN, MSN, is an award-winning international speaker, best-selling author and certified life coach. She is an energy healer, reiki master, and seeker on numerous wisdom paths.

As president and founder of LifeQuest International, LLC, she shares unique experiences that help her clients hear and heed their soul's calling. A stress expert and healthcare futurist, she is a popular keynote speaker and radio and TV guest. Accad is the author of:

34 Instant Stress-Busters

Breaking the Perfection Myth

Co-author, with Dr. Wayne Dyer, of *Living in the Now*

#

Title: ***The Call of the Soul: A Path to Knowing Your True Self and Your Life***

Pub Date: June 24, 2013

Author: Aila Accad

Publisher: New Page Books, a division of Career Press

ISBN-13: 978-1-60163-274-6

ISBN-10: 1601632746

List Price: \$15.99

Format: Paperback, 256 pages, 5.25 x 8.25 inches

Distributors: New Leaf, Baker & Taylor, Ingram, Bookazine, Brodart, Nutri-Books, Partners Book Dist.

Information: www.newpagebooks.com

Subject: New Thought

Rights: World