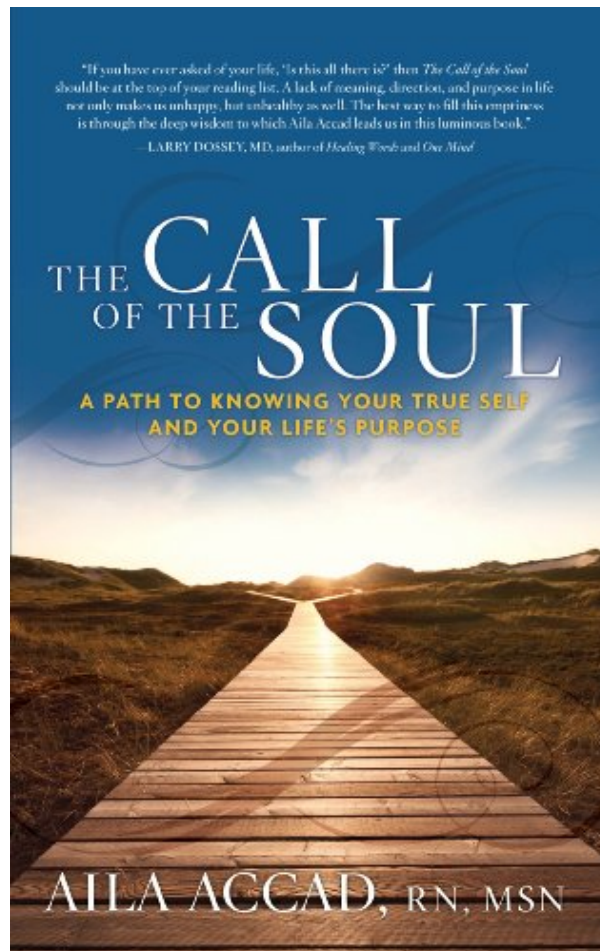


THE CALL OF THE SOUL BY AILA ACCAD



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THE CALL OF THE SOUL

A PATH TO KNOWING YOUR TRUE SELF
AND YOUR LIFE'S PURPOSE

AILA ACCAD, RN, MSN

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About the Author

Aila Accad, RN, MSN, is an award-winning international speaker, best-selling author, and certified life coach who began her quest for the purpose of life at age nine. She became an energy healer, reiki master, and stress expert in the process of exploring numerous wisdom paths. As president and founder of LifeQuest International, LLC, she shares uniquely simple experiences to help clients hear and heed their soul's calling. Thousands have achieved self-knowledge and freedom from stress through her groundbreaking process, *Breaking the Perfection Myth*, and best-selling book, *34 Instant Stress-Busters*. As a stress expert and healthcare futurist, she is a popular keynote speaker and radio and television guest. Aila lives in the beautiful hills of Charleston, West Virginia.

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THE CALL OF THE SOUL BY AILA ACCAD PDF

The Call of the Soul presents a new perspective on the quest to find your authentic self. When that quest is successful, you know who you truly are and your life's purpose. This book provides a new way to approach the journey, with a map and effective tools to ease the struggle and assure success.

The Call of the Soul shows you how renegotiate the relationship between the ego and the soul so you can step fully into your purpose. Step by step, you will discover inner passion, purpose, peace, prosperity, and love--all by learning how to hear the call of your soul.

With a down to earth writing style combined with true life examples, The Call of the Soul offers accessible wisdom to achieve the self knowledge you are seeking.

The Call of the Soul will guide you to:

- * Compassion and appreciation for all of you, including the part that resists change
- * A quick way to release emotions and beliefs that stop you from expressing your true self and purpose
- * A new feeling of ease and confidence in yourself and your purpose
- * Your authentic self.

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Most helpful customer reviews

11 of 11 people found the following review helpful.

Amazing

By Dr. Joseph S. Maresca

The Call of the Soul - A Path To Knowing Your True Self and Your Life's Purpose by Aila Accad RN, MSN provides a brand new perspective on the thing we call the authentic self.

In an elemental way, Accad defines the soul which unfolds as the blueprint of life. The soul gives meaning to life. It is the center of our values,

inner strength, will, basis of comparison and vision for the future.

The author explains that there are a number of chances each of us has for radical change. These changes can evolve during adolescence, at midlife or again in retirement.

Accad explains the role of the ego. The ego is present to protect the soul. The sense of the self is not logical but more in the nature of intuitive. The ego forms beliefs, a self image and a sense of personal worth or esteem. The ego protects the true identity and can be restructured during times of radical change. i.e. a great depression or a renaissance

The author challenges us all to hear the call to a higher consciousness. In life, there is only one journey. That journey is going inside yourself to understand fully who you are.

The book discusses Carl Jung at length. Jung defined emotion as follows: "Emotion is the moment when steel meets flint and a spark is struck forth, for emotion is the chief source of consciousness. There is no change from darkness to light or from inertia to movement without emotion."

The Call of the Soul - A Path To Knowing Your True Self and Your Life's Purpose by Aila Accad RN, MSN is an important resource on finding out just who you are and what your destiny is in the finite amount of time each person has on this planet.

Credits: First Published on Blogcritics

8 of 8 people found the following review helpful.

Be Your Authentic Self

By Love to learn

This book truly inspired me! If you are looking to become your most authentic self then you will love this book.

She teaches that the quest for identity is first deeply pondered in adolescence. The "soul" of a teen or young adult bursting with creative desire attempts to break free from parental and societal "ego" structures that feel confining. If the answers to the questions are not clear or the soul's determination not strong enough, the young person resigns to conforming to established social norms and conditioned cultural and family expectations or rebels against them. The ego takes charge - "Go to college, get a good job, get married, have kids," and so on or "No way am I doing that". When this happens, the soul's quest to be free goes underground, often to reemerge in midlife. At midlife, the conflict between the long entrenched ego and the

freedom starved soul often manifests as a "midlife crisis".

Ms. Accad described me perfectly, I had continuous, "oh that is so me" throughout the book and so many "ah ha" moments. The hair stood up on my neck as I marked many passages. I loved all of her stories that illustrated her compassionate teachings on learning how to become your true self. Her own her personal stories were quite moving.

I will continue to refer to The Call of the Soul for a long time. It's a keeper.

5 of 5 people found the following review helpful.

Revolutionary view of the ego

By M. Chalifoux

I am in a study group on this book. Looking at my review last November, I want to update it.

This book is a revolutionary view of the ego. I have read many help books and they all say "get rid of the ego!" I have learned from Aila that my ego is the protector of the young soul. The ego is developed in childhood as the protector of the young soul. I don't need to be rid of the ego; my ego needs simply to learn new ways to love and protect my soul. You can't get rid of the ego! It is a normal and natural part of you. Asking yourself to be rid of the ego is like asking to be rid of your foot or hair. It just can't be done. I love my ego because she is devoted to me. And I am not giving her up!

My first review: I love this author. she has a very clear voice and takes on a complex topic and makes it simple. she describes the ego and soul as partners in a love affair. she blesses the ego as an essential part of our being. that is a first in my experience, and i am grateful for that perspective as i have tried to be rid of my ego unsuccessfully in the past. now i can just be friends with my ego. this is an excellent book.

See all 19 customer reviews...

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