

Intuitive Alignment Coach Leah Skurdal to be featured by ACC GLOBAL NEWS

ACC GLOBAL MEDIA features Leah Skurdal of Mastery In the Art of Living on Stress Relief & Connecting the Body, Emotions, Mind & Spirit

LINO LAKES, MICHIGAN, UNITED STATES, July 12, 2017 /EINPresswire.com/ -- [Leah Skurdal](#) & [Mastery in the Art of Living](#) Lino Lakes, MN

ACC NEWS Interview with Leah Skurdal of Mastery In the Art of Living on WEDNESDAY, JULY 12th, 2017 at 1PM (1:00 p.m. EST., 12 p.m. CST. Lino Lakes, Minnesota

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ACC Global Media Spotlights Leah Skurdal of Mastery In the Art of Living on Stress Relief & Connecting the Body, Emotions, Mind & Spirit

ACC News Spotlights Leah Skurdal

Lino Lakes, MN – It's safe to say that everyone at some point strives to master the art of living. The rollercoaster of events and emotions that life throws our way can have massive and lasting effects on one's ability to stay centered and focused. In an instant, mastering the art of living can become "just getting by" or even worse "struggling to survive". Spiritual teacher, energy healer, massage therapist, motivational speaker and author, Leah Skurdal has dedicated her life to guiding people through the harshest of waves to find their inner strength, their center and get back on track.

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Intuitive Alignment Coach Leah Skurdal is a visionary. Leah's mission is to create a world where all beings know and experience their true divine nature.”

**ACC GLOBAL MEDIA
RESEARCH DEPARTMENT**

Leah has been working as a massage and energy healing therapist for over 20 years, before and while raising children. From a young age, Leah was drawn to helping people work through challenges. That connection with people is what drew her back to work after having children. People cite Leah's integration of life experience with her professional background as one of her strongest attributes.



LEAH SKURDAL FOUNDER OF
MASTERY IN THE ART OF LIVING

With Mastery in the Art of Living, Leah has crafted a multitude of programs and services that are

tailored to meet individual and group needs. People will leave her sessions with a rejuvenated mindfulness and alignment of the mind, body and spirit. At www.masteryintheartofliving.com, people can view all of the magnificent programs available as well as download a free meditation session.

In addition to group/individual sessions and motivational speaking engagements, Leah will be adding author to her already impressive list of achievements as she will be releasing her debut eBook entitled Seeking Serenity: How to Manage Anxiety and Love Your Life. The book will be available on August 1st on www.amazon.com. For more information on Leah's eBook visit <https://seeking-serenity-book.com> or email serenityebook@gmail.com

"I've witnessed and experienced how stress can affect the mind, body, emotions and spirit. My specialty is focused on aligning the spiritual center with the physical and emotional. Once you find centeredness, you will have the skills you need to manage anything that comes your way with grace," exclaims Skurdal.

Leah Skurdal will be featured on ACC News Talk Radio at www.blogtalkradio.com/accglobalmedia on Wednesday July 12th at 1pm EST. For more information visit <https://WWW.MASTERYINTHEARTOFLIVING.COM>, email Leah.Skurdal@Gmail.Com, or call 651-472-3995.

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<http://www.blogtalkradio.com/accglobalmedia/2017/07/12/acc-news-features-intuitive-alignment-coach-leah-skurdal>

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