

PRESS RELEASE / FACT SHEET

What do Spiritual Connections and Kirby® Vacuums have in Common?

Six Keys to Life Mastery offers Powerful Strategies for Overcoming Life's Obstacles

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Everett, WA: A recent **Pew Research Center study** comparing the relationship between religion and health, happiness and civic engagement in the U.S. and more than two dozen other countries reveals that people who consider themselves religious and/or spiritual are more likely to describe themselves as “very happy” than their unaffiliated peers.

Author Todd Alan Cudaback supports this concept, emphasizing the transformative connection between spirituality and life satisfaction in his book “[Six Keys to Life Mastery: Unlocking Life Skills for Successful Living.](#)” He illustrates the six principles of intention, manifesting, abundance, health, love, and transformation and their respective roles in creating a life of purpose. Cudaback candidly discusses his struggles, solutions and resulting successes in the book and as host of [Life Mastery Radio](#), a weekly podcast airing Tuesdays at 10 AM Pacific.

Cudaback compares the significance of a spiritual connection to Kirby® vacuums, popular in the 1960's and '70's for quality design, performance, and longevity. When in use, they display effortless movement, boundless energy, and extreme power; however, when not in power, the machines become heavy, cumbersome, and difficult to push or steer.

“That’s what it’s like being unplugged from Spirit, God, your Source or ‘the Force,’” he says. “When your connection is strong, life hums along happily. Without that connection, everything feels like hard, hard work.”

Cudaback knows a few things about hard work. A United States Marine and small business owner, he questioned the world throughout childhood and into adulthood. Unable to find answers, he inevitably chose destructive paths and struggled for years in search of purpose and direction.

The Pew study also reveals that the actively religious are generally less likely than the unaffiliated to smoke and drink, a finding also consistent with Cudaback’s keys to life mastery. After reaching an extreme low period in life, he endured three rounds of addiction treatment before surrendering his ego, establishing a spiritual bond, and learning to live with purpose and joy.

“I saw this exact connection to Spirit working in other people’s lives and said, ‘I’ve got to try it. I have nothing else left,’” he continues. “My over-developed ego prevented God from enriching my life. I was used to being in charge.”

“Ego worries about the past and frets about the future,” he said. “I surrendered my ego to Higher Power and my ‘Kirby vacuum’ flowed effortlessly.” Today, Cudaback is a Certified Life Mastery Consultant, Distinguished Toastmaster, servant leader, and 20+-year business owner.

His weekly podcast, [Life Mastery Radio](#), airs Tuesdays at 10 AM Pacific and reaches more than 100,000 subscribers.

For a free excerpt from “Six Keys to Life Mastery,” please visit [toddalan.net](#).

For information on Life Mastery Radio, please visit [lifemasteryradio.net](#).

About the Author

Todd Alan Cudaback, DTM, PDD

- Author, [Six Keys to Life Mastery](#)
- Host, [Life Mastery Radio with Todd Alan](#)
- Certified Life Mastery Consultant
- Distinguished Toastmaster
- [Toastmasters Past District 2 Director](#) (2016-17)
- President, [Everett Hydraulics, Inc.](#)

About Six Keys to Life Mastery: Unlocking Life Skills for Successful Living

Six Life Mastery Keys

Key 1: Intention

Key 2: Manifesting

Key 3: Abundance

Key 4: Health

Key 5: Love

Key 6: Transformation

Available on [Amazon](#)

- **Paperback:** 134 pages
- **Publisher:** Life Chronicles Publishing; 1 edition (June 25, 2017)
- **Language:** English
- **ISBN-10:** 0998911410
- **ISBN-13:** 978-0998911410
- **Average Amazon Customer Review:** *4.8 out of 5 stars*

About Life Mastery Radio with Todd Alan

Todd started Life Mastery Radio, a radio talk show about living a happier and more fulfilling life, in 2012, and has since hosted more than 300 shows. On the show, he interviews best-selling authors, speakers and coaches talks and discusses a variety of topics such as personal empowerment and holistic health.

- *"Talk Radio for listeners who want to make their life count."*
- Airs every Tuesday 10:00 AM Pacific
- 100,000+ subscribers
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