

Leah GUY



About Leah Guy

Leah Guy is an energy master, intuitive healer, and author, whose fourth book, *Your Emotional Recovery Plan*, debuts Mar '27. Drawing on her personal triumphs over abuse, addiction and anxiety, along with three decades experience in private practice, she empowers people to reclaim their worth and heal the ghosts of their past.

Leah has appeared on NBC, The CW, Woman's World Magazine, The Jenny McCarthy Show, and Yoga Journal as an expert on the mind-body connection, energy medicine, emotional recovery and spiritual healing. She facilitates retreats and workshops nationwide and online. Leah holds a BA from University of Louisville and a CMT from Alive & Well Institute of Conscious Bodywork, CA, and trained at The School of Enlightenment and Healing, CA. She hosts The Modern Sage Podcast and has built a global audience as a teacher on InsightTimer.

For more information, visit LeahGuy.com and follow her on social media @leahthemodersage.

Highlights

- 4x Author with books in multiple languages
- 60k+ courses sold on DailyOM, 9k+ courses on Insight Timer –
- Featured on 250+ media outlets
- Sold out The Light Night of the Soul, a one-woman show
- Graduate of Heroic Public Speaking

Digital Reach & Impact

6.4K+ Instagram followers 17K+ Facebook followers 4.35K+ YouTube Subscribers

Leah's audience is spiritually curious, emotionally intelligent, and deeply engaged. Her content inspires reflection, healing, and personal growth—meeting people where they are and guiding them back to their true nature.



135
17K+

Podcast
Episodes
Insight Timer
Downloads

PODCAST GUEST

Leah brings grounded spiritual insight, emotional depth, and real-world healing tools to every conversation. Her calm, clear presence and practical wisdom make her a standout guest across wellness, mindset, and personal development shows.

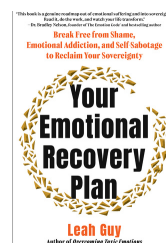
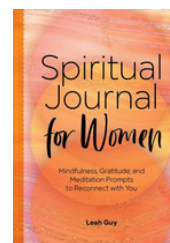
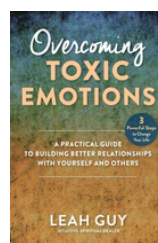
SPEAKER

Leah translates her emotional healing work into practical, high-impact workshops for teams navigating burnout, disconnection, and dysfunction at every level

- Claim Your Sovereignty
- The Law of Sufficiency
- Building Interdependent Relationships
- The Chaos of Nature
- Your Personal Rights
- Beliefs, Values, and Boundaries

BOOKS

Leah is the author of four books: *Overcoming Toxic Emotions* (translated into French, Polish, and Russian), *The Fearless Path* (translated into Chinese), and *Spiritual Journal for Women*. Her writing blends emotional recovery, intuitive healing, and grounded spirituality—guiding readers toward clarity, courage, and wholeness.



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