

Spokane Authors & Self-Publishers

Member Web-Page



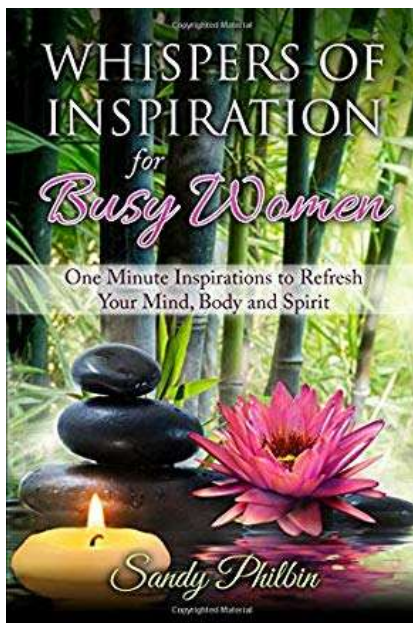
Sandy Philbin

Sandy has just joined Spokane Authors and Self-Publishers. She has been in the health and fitness industry for several decades. Her personal challenges with anxiety evolved into a passion to encourage women to practice self-care and live a healthy and purposeful life through natural restorative practices for the mind, body and spirit. Her book was Spirit-inspired and evolved from personal experiences to overcome anxiety and fear in order to fulfill her purpose in life.

Visit her web-site at www.sandyphilbin.com

Continue below for information about Sandy's book. (Includes Amazon™/Kindle™ ASIN code)

Whispers of Inspiration for Busy Women 1794695001



Many women long for time to relax and find relief from stress and yet do not choose to set aside time for restoration. Daily schedules fill up with demands from others leaving little time for self-care. Can you relate? It is important to set time aside each day for restoration to heal your mind, body and spirit. Choosing to take care of yourself is not a selfish act, it is necessary in order to live an abundant, purposeful and healthy life. These Spirit-inspired 52 one minute inspirations based on life experiences, were written to help you begin your journey to self-care. Some inspirations may serve as a catalyst for change. Take time for reflection and to journal your thoughts as you read an inspiration. May your spirit be refreshed and your life be blessed!



Spokane Authors & Self-Publishers

Page revised 06/15/2019 dam

©2018 www.spokaneauthors.org