

## Spokane Authors Member Web-Page



Sandy Philbin

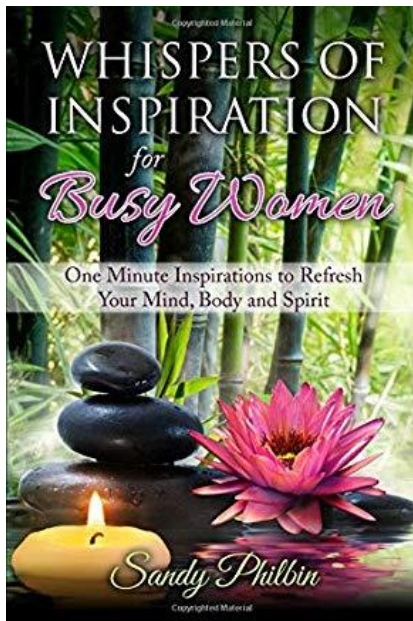
Sandy has just joined Spokane Authors and Self-Publishers. She has been in the health and fitness industry for several decades. Her personal challenges with anxiety evolved into a passion to encourage women to practice self-care and live a healthy and purposeful life through natural restorative practices 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](http://www.sandyphilbin.com)

*Continue below for information about Sandy's books. (Includes Amazon™/Kindle™ ASIN codes)*

### Whispers of Inspiration for Busy Women

**1794695001 B09PCB81JY**



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!

# Whispers of Inspiration for Busy Women: Journal

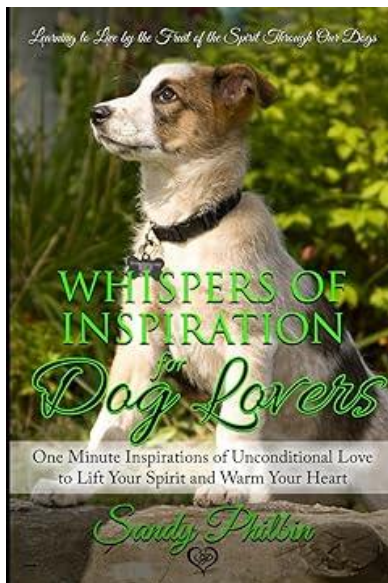
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A companion journal to enhance your experiences while reading *Whispers of Inspiration for Busy Women - One Minute Inspirations to Refresh Your Mind, Body and Spirit* book. A journal is your private and sacred place to express and write your dreams, goals, passions, thoughts, insights and feelings. Journaling will help you to slow down, reflect, and gain perspective of your life. This process also provides direction and clarity making your dreams and goals become a reality. Writing can help reduce stress in your life by getting thoughts out of your mind and onto paper to observe your situations, make a plan and then take action. Journaling your *Whispers of Gratitude* will overcome negative thoughts and open the door for miracles and new beginnings.

# Whispers of Inspiration for Dog Lovers

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Our dogs are our family. They are our *Furry Angels* and *Shining Stars* created by God and His unconditional love. Join me on a life journey with *Furry Angels* on earth and in heaven as we learn how to live by the fruit of the spirit - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control through our dogs. Learn tips about ways to keep you and your dog healthy, safe and live life on Paw-pose.



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