

SANDRA ALVIM - Bio

Sandra Alvim was born in Rio de Janeiro, Brazil in 1951. Sandra is a professional astrologer, a writer and a beauty expert. She attended The School of Visual Arts in Rio de Janeiro and had her own fashion design company, before becoming a professional astrologer after ten years of dedicated research, courses and workshops in New York and London. Through own experience and exploration, Sandra became an expert in health, nutrition and fitness. She is living proof of her success in those areas and is eager to share her lifestyle methods of healthy living from the inside out.

Sandra uses Astrology as a tool to help her clients to understand their existence, their nature and personality in a psychological viewpoint and better deal with life challenges. "We are here to learn our lessons and how to become better human beings."

Sandra doesn't use Astrology for predictions, but as an awareness of future trends, which if well managed, learned and used as a tool to transform, may prevent the person from experiencing pain and loss.

Her clientele includes celebrities like Eva Longoria Parker, a Brazilian finance minister and Victoria Secret's top models.

In the year of 2000, Sandra published her first book in Brazil – a guide on how to find your spiritual goal. On sale now is her second book, **Yes! I'm 58, which** highlights her life experiences and her successful life accomplishments. The contents of this book is based on Sandra's 58 years of life experiences, her knowledge in astrology and her honed experiences derived from many workshops in fitness, nutrition, mind, body & soul and of course, the Brazilian beauty secrets she grew up with.

"The idea for this book came from the realization that women my age and even those much younger than I were fascinated whenever they learned my age, wanting to know my 'secrets' and suggesting I put them in a book. So one day I decided to follow their requests and write and share in this book all the resources that I wish I myself had when I was searching for the keys to living a physically fit, spiritually fulfilling and youthful life at every age and stage of life."

Sandra considers herself a very happy person. Her happiness is a result of living out her philosophies, such as positive affirmations, visualizing what she wants, and trusting in the universal delivery. Following a nutritional and fitness program is definitely part of the life that she encourages many to add to their life's goals. This book is a step by step guide to help anyone who is ready for an extraordinary life.

She uses her image on the cover to prove that she really practices what she preaches.