

AUTHOR & CERTIFIED SPIRITUAL LIFESTYLE COACH

Phoenix Gibbs

365 DAYS OF AFFIRMATIONS FOR THE MIND, BODY, HEART AND SPIRIT

Phoenix Gibbs is an Affirmations' Author and Certified Spiritual Lifestyle Coach and has been on her journey of self-discovery for the past ten years after a near-death experience that shifted her mind, body, heart, and spirit. This experience powerfully changed her perspective on living versus existing.

She went from being a people pleaser to falling in love with herself and practices being guilt-free about how she takes care of her mind, body, heart, and spirit. She allowed all of her life experiences to become her teacher and accepted all of her challenges as gifts that made her an expert to teach, serve, and share what she knows with others.

Phoenix has a heart that is filled with compassion and grace which is her approach as a Spiritual Lifestyle Coach because she believes everyone should experience authentic love, compassion, and encouragement.