

# Sandra T. Lemire Shares a Journey into Reflection, Humor, and Insight

*A compelling collection of observations on life.*

COOKSTOWN, NJ, UNITED STATES, November 26, 2024 /EINPresswire.com/ -- Sandra T. Lemire, an author and self-made entrepreneur, has just released her sixth book, "[Take a Time Out!: COME Spend a little TIME in MY WORLD.](#)" Published in September 2024, this eclectic collection of writings is designed for anyone who needs a break from the hustle and bustle of daily life.

In an age where waiting has become a constant—whether at airports, in doctors' offices, or during long commutes—Lemire's "Take a Time Out!" offers the perfect remedy. The book delivers a variety of subjects and interests for readers, making it ideal for those seeking a light read, a dose of humor, or a little intellectual stimulation during moments of downtime. With no overarching plot or characters, this book offers a refreshing departure from traditional storytelling. Instead, it is a series of reflections, observations, and bits of wisdom that will resonate with readers of all ages and interests.

Whether one is waiting for a flight, sitting in a waiting room, or simply enjoying a quiet moment, "Take a Time Out!" gives readers the freedom to pick up and put down the book at their leisure. Topics range from humorous anecdotes to insightful commentary, with some educational insights sprinkled in. Each entry is short enough to read in a few minutes yet impactful enough to leave a lasting impression.

Sandra T. Lemire, who has created nine companies over the past 40 years, is a woman of many talents. A self-taught scientist and microbiologist with significant contributions to medical research, Lemire is also an expert storyteller with a passion for sharing her wisdom. Her other



works include articles published in magazines and her video series "LIVE AND LEARN" on Bitchute and Rumble.

Explore the world through Lemire's eyes and "Take a Time Out!" today. For more information or to purchase the book, visit [www.sandralemire.com](http://www.sandralemire.com).

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