



Simply Inspired: ...by sea glass & nature's gifts

Linda Kathryn Frothingham

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Reflections, thoughts, and images to enrich everyday living. Be stirred by meaningfulness in your day-to-day life. Envision a new awareness of gifts of nature. Treat others with kindness and a smile. Let this be the start to being simply inspired.

This book began by a walk on the beach and the discovery of colorful sea glass at my fingertips – followed by discussion and appreciation of something so simple, yet filled with enlightenment.

An 11-day cross-country hiking trip with my son brought nature back into my vision with a rekindled appreciation. A close encounter with a prairie rattlesnake made me grateful to be alive.

This book is meant to be an inspiration for you to walk on the beach, get outside, play with your kids/grandkids, enjoy your friends, see the world and live life to the fullest. Images were taken from high up on a mountaintop in Montana to a country road in Pennsylvania, from across the world to Belize and in my backyard. With thanks to Mother Nature, I write this book. May these reflections and images inspire you each and every day.

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