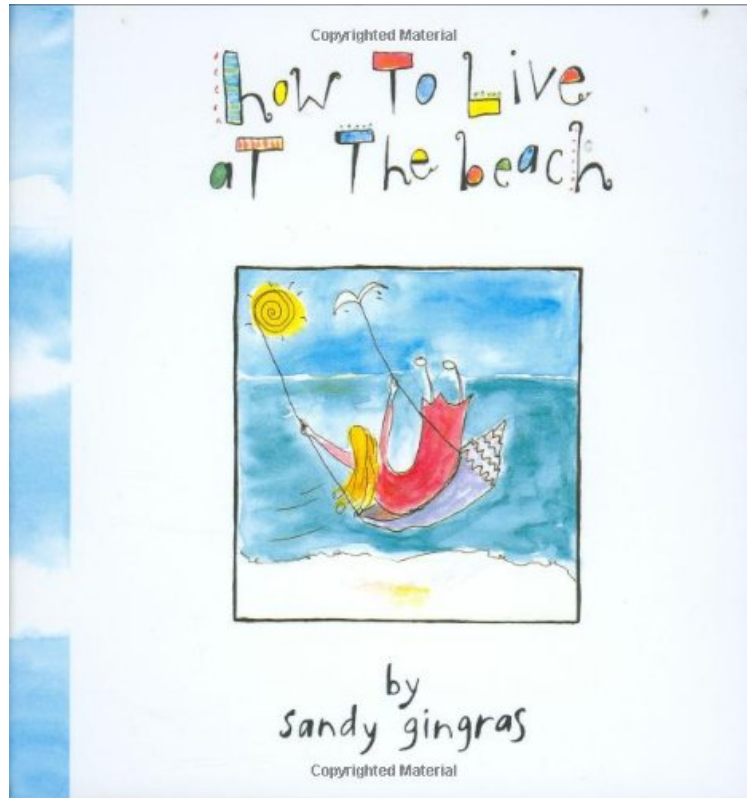


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With delightful illustrations and simple prose, Sandy Gingras strips away the complicated, structured way of life we cling to and helps us find perspective and appreciation in simple things - like the beach. How to Live at the Beach is a gift book that is at home anywhere, on any coast, or far from it. For the beach is only a metaphor, and with every reading we are awakened: How we might live, how we can pace ourselves, how we can appreciate our world, how we can love.

"Captures the pure simplicity of seaside living. This gift book couples lively illustrations with thoughtful musings for readers who understand the beach is more than just a place for sun and sand. Like the ocean itself, this book nourishes the mind, heart, and soul." --Coastal Living magazine
"Her book, like the beach, offers us a chance for renewal." --The Beachcomber
From the Back Cover
For those of us so busy living that we forget how to live a little manual of beachiness to nudge us back toward simplicity.
About the Author
Sandy Gingras is a writer and artist for her own design company, How to Live. She holds a Masters in English from Duke University and another in counseling. Gingras resides on a beach near the New Jersey coast, where she actively helps to preserve open spaces and wetlands. Her website is www.how-to-live.com.