



Aspirational Thoughts Inspirational Images

AN ART GALLERY
AND TEACHER,
A PHOTOGRAPHY EXHIBIT
AND MENTOR

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INTRODUCTION

In approaching the composition of *Aspirational Thoughts • Inspirational Images* I saw the undertaking as this enormous 2,000-piece jigsaw puzzle, not only in 3D, but by adding a 4th dimension.

Unfortunately, the pieces weren't conveniently dumped onto a coffee table in my living room, as they were scattered all over creation, or better yet, all over my "creations." The pieces were needles hidden in dozens of haystacks, where I was the one who stacked the hay long, long ago! No two elements were the same. Some pieces were brand new in 2024, and some of the pieces I hadn't seen in over 26 years.

To begin to put together the complex puzzle, I went back through all eight of my prior bestsellers, including content found in original manuscripts that didn't make it into the final books. I also scrolled back five years on social media, re-read certain webpages of mine and even watched/listened to recordings of when I was interviewed to revisit much of what I've written or said—with some new material created as recently as the day before this book went to print in 2024!

The first puzzle piece I picked up was a marked-up draft of the original manuscript for my first book, which I began writing in 1998. And I kept gathering the pieces, all the way through to my most recent writings and interviews into 2024.

To assemble the first parts of the puzzle, I collected a whopping 1,112 initial thoughts, quotes, soundbites, and ideas that could possibly be considered for

inclusion in *Aspirational Thoughts • Inspirational Images*. I then cut that total down to 261 of the most impactful, the absolute best of the best, the shiniest of all the gems. The final written elements of this book are all meat, no fluff, getting directly to the point with none of the superfluous build-up found in many typical chapter books.

For the remaining parts of the puzzle, I culled through 898 photographs that I've taken more recently over the past five years, as I have begun to enjoy photography, primarily nature photography. These images were whittled down to 135 that paired perfectly with the written words.

All the pieces of the puzzle have now been combined and put together into 10 meditative categories found in the book you are now holding: *Action, Introspect, Laugh, Breathe, Legacy, Death, Risk, Hope, God, and Love*.

And here is the breakthrough reason why I composed a book in this manner. Really, a whole new way to read, retain, then implement your favorite ideas, thoughts, and quotes.

But first I must take you back to your early childhood ...

Do you remember how you learned to recall your first, and oh-so-impactful, written words? Probably not, but I'm sure you'll recollect those early picture books. These were thin, hardcover books that might have had a cute illustration of a dog, cat, or horse on the left-hand page, and on the opposite page there was a large-font word to coincide, like *DOG, CAT, HORSE*, etc. Your mom, dad, or teacher would have you say the word, then have you look at the image to retain that word and its meaning or application.

The image helped you learn the word!

I don't know about you, but when I read something impactful, I pause. I might underline the sentence or two, I might close my eyes and ponder it or decide to look out the window to concentrate on its meaning, or I might just stare at something while I try to interpret it. We do these things because the subconscious mind wants to find a place to file and store what we just read for future retrieval and reliance.

With *Aspirational Thoughts • Inspirational Images*, using wonderment, spontaneity, and serenity, you are encouraged to reflect upon the awe-inspiring images in conversation with unconventional written wisdom.

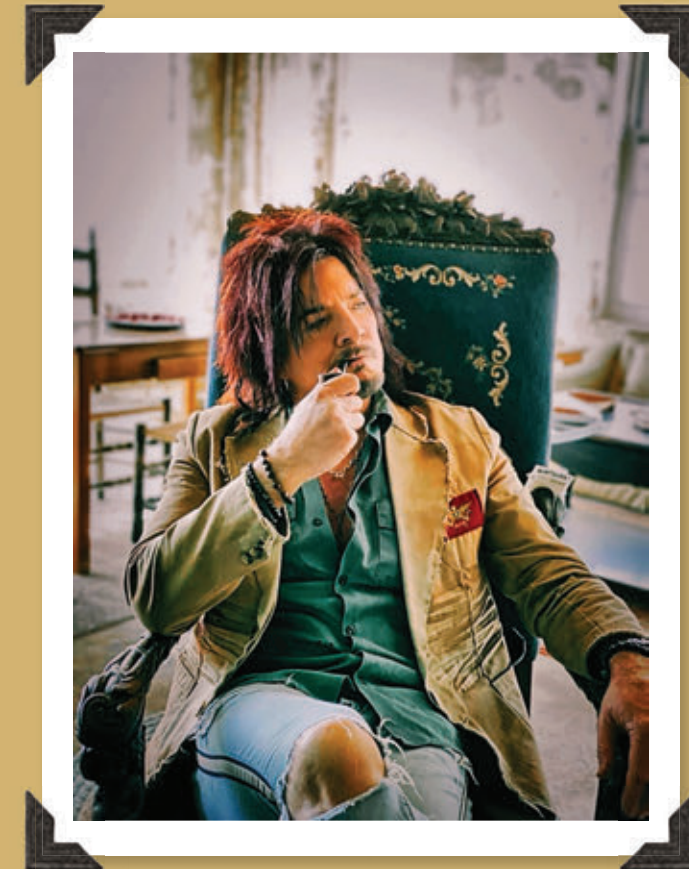
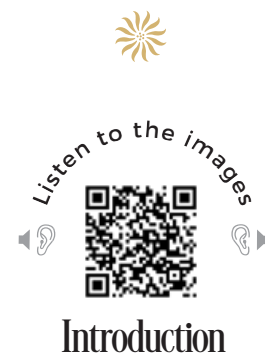
Watch ... as the images help you remember then act upon the words!

It's a scientific fact that we retain critical information better when we associate it with an image.

Aspirational Thoughts • Inspirational Images can be viewed as three distinct books in one. In addition to its intended use, if you simply enjoy images of nature and other beautiful things, forget the quotes, and just enjoy the book of photography. If you're not into that kind of thing, and just love reading, then by all means dive into the 10,011 aspirational words, and try *not* to be distracted by the images. I bet you can't!

Finally, for the 4th dimension (and this is going to be really fun!) I wanted you to be able to "peek behind the curtain," between the pages. In a mini

behind-the-scenes documentary, you'll hear in my own words: the background, perspective, color commentary, and even humorous side stories on certain breathtaking images. *What's the story behind that image, Frank? Where in the world did you take that photo?* At the end of each chapter, you'll find a QR code. Simply scan that code and be taken to a private video where you'll be amazed and entertained as I narrate while random images tell their stories!



Allow *Aspirational Thoughts • Inspirational Images*
to be your private art gallery and teacher,
your personal photography exhibit and mentor.