



Cape Cod Therapy

Tom Simek

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Modern life can be pretty overwhelming. To find peace and comfort in this ever-changing world, some people turn to religion. Others turn to doctors, psychiatrists and self-medication. I, on the other hand, turn to the sea. When I want to feel connected to a higher being, I don't go to church. I go for a walk on the beach and look up at the stars. The sea, wind and waves have the ability to speak if you are willing to listen. They will teach you if you are willing to learn. When life gets me down, I don't need a shrink. I need Cape Cod Therapy. Table of Contents: Introduction Surfing Sailing Fishing Clamming Biking Kayaking Shopping Cooking and Eating Sleeping and Dreaming Playing in the Sand Stormy Weather Cleaning Walking on the Beach Provincetown The Movies By Night Winter of Discontent Sunrise to Sunset Final Reflections

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