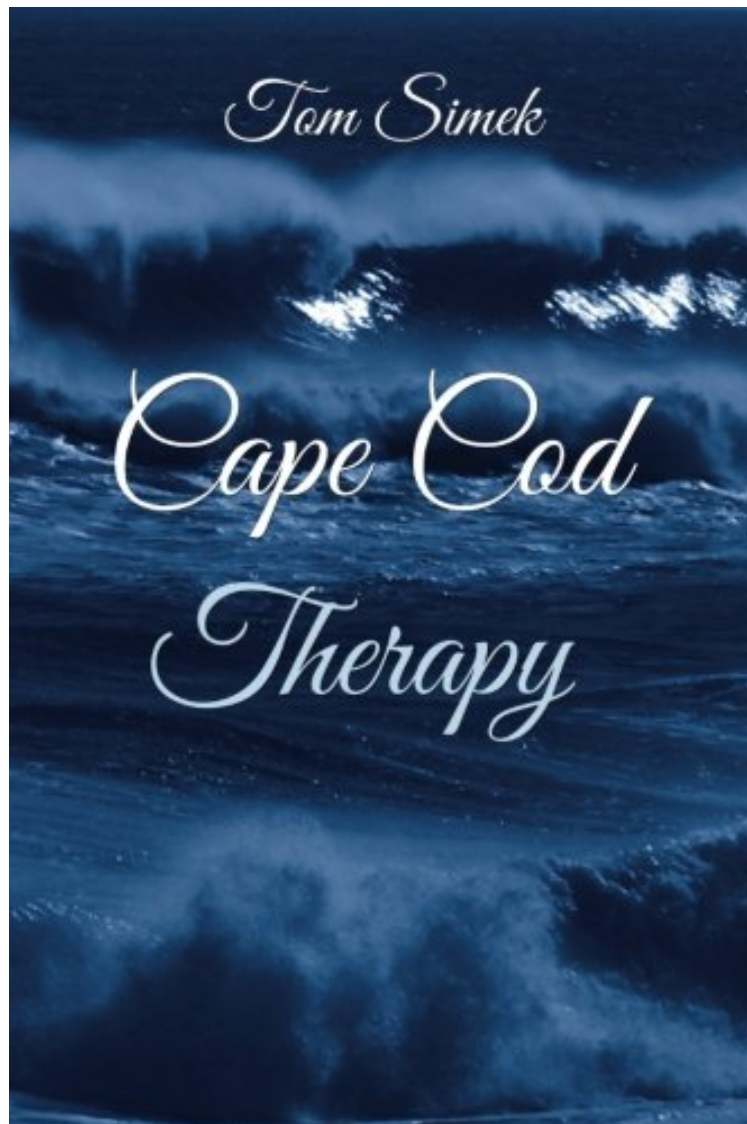


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Cape Cod Therapy

Tom Simek

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Tom Simek : Cape Cod Therapy before purchasing it in order to gage whether or not it would be worth my time, and all praised Cape Cod Therapy:

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

About the Author Tom Simek was born and raised in upstate New York. He holds a Bachelors and Masters Degree in music composition, plays in a jazz band and resides with his wife Lara in Athens, Greece, where he teaches music and English as a second language. His other literary works in print include, "How to be Greek without Being Greek: A guide to Greece and living life" and the environmental children's book series "Eco-Fables: Green Stories for Children and Adults."