

A Blue Million Books GUEST POST

By Christin Brecher, author of Nantucket Candle Maker Mysteries

LOVE THE OCEAN!

After spending months at a desk, working hard on the Nantucket Candle Maker Mysteries, I'm taking some time to get my body moving with one of my favorite summer pastimes: Swimming in the ocean. For me, there's nothing more exhilarating than running barefoot down the sandy beach to the surf ahead. In those moments, I'm filled with both anticipation and dread for the first dive into the sea. I feel absolutely courageous as my body goes into shock from the cold, defiant waters for a brief moment, before surrendering to the waves. Then, I wave to my husband who prefers to stand at the shore, arms folded, looking to the horizon for sharks before he joins me. It's one of the rare occasions where I'm the first to jump into something, as he's usually the more impulsive of the two of us.

I've loved the ocean since I was a kid, and spent so much time in the waves off of Nantucket that I remember going to sleep at night feeling that I was still bobbing up and down in the water. I've always loved that each swim is so different. Sometimes, the waters hold me up and rock me peacefully as the sun sparkles against the water and warms my face. Other times, I don't know how quickly the next wave will come, if I'll be to ride above the surface, or if I'll have to dive below. At the close of each summer, I think about how the waves are like a metaphor for the months to come. Sometimes comforting, sometime challenging. Sometimes they knock me out, but I still jump back in for more. Sometimes I am peacefully alone in the sea, but the best times are those spent with friends and family.

Wishing you a happy and healthy summer with great beach reads and maybe even a dip in the ocean!