

Read Free Surfing And Health

Surfing And Health

From its Polynesian origins to the multi-billion-dollar industry of today, Surfing celebrates the sport and all its trappings through lively text and glorious imagery. Move over, dude! The Kook ' s Guide to Surfing shows what it means to be a real

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surfer. This clever, often hilarious guide shares with kooks (those guys on surfboards who just don ' t get it yet) the truths and know-how of a lifelong wave-lover. The secret: surfing responsibly and sharing the waves. You don ' t have to be " too cool for school " to be cool in the water. But surfing like a pro isn ' t just about courtesy,

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and neither is The Kook ' s Guide to Surfing. The ultimate guide to great surfing, it ' s got tips on choosing the right board for the right wave, stances and paddling, avoiding injuries and staying safe, and—once all that has been mastered—how and where to show off your skills in the big competitions. Other topics include: First

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lessons and helpful tips Physical fitness
Types of waves Surf etiquette Buying
surfboards An index of the best surf
locations Filled with witty illustrations, a
glossary of surfing terminology, and fun
“ Hey, Kook! ” trivia, The Kook ’ s Guide
to Surfing will turn even the greenest
beginners into knockout surfing pros.

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Health geography makes critical contributions to contemporary and emerging interdisciplinary agendas of nature-based health and health-enabling places. Couched in theory and critical empirical work on nature and health, this book addresses questions on the relationships between water, health and wellbeing. Water

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and blue space is a key focus in current health geography research and a new hydrophilic turn has emerged with a particular focus on the aspects of water which are affective, life-enhancing and health-enabling. Research considers the benefits and risks associated with blue space, from access to safe and clean water in the

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Global South, to health promoting spaces found around urban waters, to the deeper implications of climate change for water-based livelihoods and indigenous cultures. This book reflects recent theoretical debates within health geography, drawing from research in the public health, anthropology and psychology sectors. Broad thematic

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sections focus on interdisciplinary, experiential and equity-based elements of blue space, with individual chapters that consider indigenous and global health, water 's healing properties, leisure and blue yogic culture, coastal landscapes, surfing, swimming and sailing, along with more contested hydrophobic dimensions. The

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interdisciplinary lens means this book will be extremely valuable to human geographers and cultural geographers. It will also appeal to practitioners and researchers interested in environmental health, leisure and tourism, health inequalities and public health more broadly.

Discover the untold story of African surf

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culture in this glorious and colorful collection of profiles, essays, photographs, and illustrations. AFROSURF is the first book to capture and celebrate the surfing culture of Africa. This unprecedented collection is compiled by Mami Wata, a Cape Town surf company that fiercely believes in the power of African surf. Mami

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Wata brings together its co-founder Selema Masekela and some of Africa's finest photographers, thinkers, writers, and surfers to explore the unique culture of eighteen coastal countries, from Morocco to Somalia, Mozambique, South Africa, and beyond. Packed with over fifty essays, AFROSURF features surfer and skater profiles, thought

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pieces, poems, photos, illustrations, ephemera, recipes, and a mini comic, all wrapped in an astounding design that captures the diversity and character of Africa. A creative force of good in their continent, Mami Wata sources and manufactures all their wares in Africa and works with communities to strengthen local

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economies through surf tourism. With this mission in mind, Mami Wata is donating 100% of their proceeds to support two African surf therapy organizations, Waves for Change and Surfers Not Street Children.

Surfing Uncertainty

Classic Big Wave Surfing Stories

Women Making Waves

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The Education of a Reluctant
Businessman--Including 10 More Years of
Business Unusual

Making the Right Choice on the Web

Let My People Go Surfing

Barbarian Days

By 1998, aged 21, Taj Burrow was the
number 2 rated surfer in the world.

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Raised in the WA town of Yallingup, Taj has become the hottest property in surfing. His bio film, Montaj, was voted by Surfer magazine as the best surf movie in the world - so who better to teach you how to surf? TB's Book of Hot Surfing will teach you absolutely everything you'll need to know, from

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buying your first board and waxing it to your first real turns to crazy air tricks like alley oops and flips. And that's not all! Mixed into this fabulously produced full-colour book are tons of photo sequences, TB's tips on surfing and life (how to avoid being a racist, better tables manners etc), TB's surf-speak

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and an often hilarious stash of personal anecdotes. The most complete surfing how-to guide ever produced, this will become a must-have for surfers and would-be surfers everywhere.

"Wonderful . . . a moving autobiography, the story of a unique business, and a detailed blueprint for hope." —Jared

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Diamond, Pulitzer Prize-winning author of *Guns, Germs, and Steel* In this newly revised 10th anniversary edition, Yvon Chouinard—legendary climber, businessman, environmentalist, and founder of Patagonia, Inc.—shares the persistence and courage that have gone into being head of one of the most

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respected and environmentally responsible companies on earth. From his youth as the son of a French Canadian handyman to the thrilling, ambitious climbing expeditions that inspired his innovative designs for the sport's equipment, *Let My People Go Surfing* is the story of a man who

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brought doing good and having grand adventures into the heart of his business life—a book that will deeply affect entrepreneurs and outdoor enthusiasts alike.

From the bestselling author of *Assholes: A Theory*, a book that—in the tradition of *Shopclass as Soulcraft*,

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Barbarian Days and Zen and the Art of Motorcycle Maintenance—uses the experience and the ethos of surfing to explore key concepts in philosophy. The existentialist philosopher Jean-Paul Sartre once declared "the ideal limit of aquatic sports . . . is waterskiing." The avid surfer and

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lavishly credentialed academic philosopher Aaron James vigorously disagrees, and in *Surfing with Sartre* he intends to expound the thinking surfer's view of the matter, in the process elucidating such philosophical categories as freedom, being, phenomenology, morality,

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epistemology, and even the emerging values of what he terms "leisure capitalism." In developing his unique surfer-philosophical worldview, he draws from his own experience of surfing and from surf culture and lingo, and includes many relevant details from the lives of the philosophers, from

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Aristotle to Wittgenstein, with whose thought he engages. In the process, he'll speak to readers in search of personal and social meaning in our current anxious moment, by way of doing real, authentic philosophy.

After spending two years in bed with Lyme disease, Steven Kotler had lost

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everything: his health, his job, his girl, and, he was beginning to suspect, his mind. Kotler, not a religious man, suddenly found himself drawn to the sport of surfing as if it were the cornerstone of a new faith. Why, he wondered, when there was nothing left to believe in, could he begin to believe

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in something as unlikely as surfing? What was belief anyway? How did it work in the body, the brain, our culture, and human history? With the help of everyone from rebel surfers to rocket scientists, Kotler undertakes a three-year globetrotting quest. The results are a startling mix of big waves and bigger

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ideas: a surfer's journey into the biological underpinnings of belief itself.

The History of Surfing

The Zen Approach to Keeping Time on Your Side

Scratching the Horizon

A Guide to Survive and Ride Life's

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Waves

A Surfing Life

A Health, Fitness, Nutrition, and Surfing
Adventure

****Winner of the 2016 Pulitzer
Prize for Autobiography****

Included in President Obama's

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2016 Summer Reading List

“Without a doubt, the finest surf book I’ve ever read . . . ”

—The New York Times

Magazine Barbarian Days is William Finnegan’s memoir of an obsession, a complex

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enchantment. Surfing only looks like a sport. To initiates, it is something else: a beautiful addiction, a demanding course of study, a morally dangerous pastime, a way of life. Raised in California

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and Hawaii, Finnegan started surfing as a child. He has chased waves all over the world, wandering for years through the South Pacific, Australia, Asia, Africa. A bookish boy, and then an

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excessively adventurous young man, he went on to become a distinguished writer and war reporter. Barbarian Days takes us deep into unfamiliar worlds, some of them right under our noses—off the coasts of New

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York and San Francisco. It immerses the reader in the edgy camaraderie of close male friendships forged in challenging waves. Finnegan shares stories of life in a whites-only gang in a tough

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school in Honolulu. He shows us a world turned upside down for kids and adults alike by the social upheavals of the 1960s. He details the intricacies of famous waves and his own apprenticeships to them.

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Youthful folly—he drops LSD while riding huge Honolua Bay, on Maui—is served up with rueful humor. As Finnegan's travels take him ever farther afield, he discovers the picturesque

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simplicity of a Samoan fishing village, dissects the sexual politics of Tongan interactions with Americans and Japanese, and navigates the Indonesian black market while nearly succumbing to malaria.

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Throughout, he surfs, carrying readers with him on rides of harrowing, unprecedented lucidity. Barbarian Days is an old-school adventure story, an intellectual autobiography, a social history, a literary road

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movie, and an extraordinary exploration of the gradual mastering of an exacting, little-understood art.

Fit to Surf, a cutting-edge surfing-specific fitness guide, supplies surfers of all levels of

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experience with everything they need to create a personal fitness program that builds strength and endurance, increases balance and coordination, and minimizes the risk of injury. Personal

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**trainer Rocky Snyder--himself
an avid surfer with two
decades of experience riding
the waves--provides easy to-
follow, step-by-step
instructions supplemented
with 60 photographs of**

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conditioning exercises that can be performed at home, in the gym, or on the water.

From legendary writer Paul Theroux comes an atmospheric novel following a big-wave surfer as he confronts aging,

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privilege, mortality, and whose lives we choose to remember. Expert instruction you need to take your skills from kook to boss Author John Robison uses hundreds of pictures-- comical, cartoon-like drawings--to

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clearly illustrate every aspect of surfing: wave dynamics, riding techniques, etiquette, logistics, and more. This entertaining, easy-to-understand visual presentation makes it easy for you to pick

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up his techniques and use them on the waves. Robison covers every aspect of the sport, from paddling out through the surf zone and catching and riding that first wave to nose riding,

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**acrobatics, shortboard riding,
and to equipment repairs.**

Fit to Surf

Seniors Get Fit to Surf

**The Science of Surfing: A
Surfside Girls Guide to the
Ocean**

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**An Illustrated History of the
Coolest Sport of All Time
San Onofre
Everything You Need to Boost
Your Performance in the Surf
Surfing Guide to Southern
California**

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Secrets to Progressive Surfing is not your average learn to surf book aimed at getting beginners up and riding. This is a detailed analysis of what it takes to master just about every maneuver in the book, from the humble take-off to the modern

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aerial and everything in between. The text is clear and understandable, broken down into logical step by step progressions, shedding light on the techniques used by the pros. And what better pro to demonstrate the required

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skills in beautifully photographed sequences than Kelly Slater, 11 times World Champ, who plays a starring role in this incredible book that has something for every surfer on the planet.

Doc Paskowitz started surfing in the

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Gulf of Mexico on Galveston Island in 1930. He's 93, and he's still surfing (now riding in heaven) While he would never agree, Doc can be considered one of the earliest pioneers of the shape of today's surf culture. He spent

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nearly 25 years on the road, living in a succession of used campers. It is, quite possibly, the world's longest surf trip. He and his wife raised nine children in those campers, soaking them in the ocean and their idea of how life

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should be lived. Take a trip with Doc Paskowitz and his family. This easy read is honest and can help you understand his passion for Surfing and Health, Zen monk and coach Paul Loomans is the creator of Time

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Surfing, a 7-step approach to help anyone create more time in their life. "This book is for anyone who feels trapped by over-full, over-scheduled days. It explains how to escape the raging storms of busyness and find your way back to

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a more enjoyable and natural relationship with the clock. Time Surfing is a beautiful idea, expressed brilliantly in this beautiful book.” Tony Crabbe, author of international bestseller *Busy: How to Thrive in a World of Too Much*

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Who has time these days? Any moments that haven't already been accounted for are swallowed up by smartphones, social media and working into the evening hours. Stress can often seem to be caused solely by the outside world,

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but in fact it also comes from within. This book will inspire and guide you to choose peace as a basis for carrying out all your daily activities, whether at work or in the home. The approach is based on a step-by-step method called Time

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Surfing, which consists of seven simple and easy-to-learn instructions backed with targeted tips and techniques. Rooted in Zen Buddhism, the emphasis is very much on making the most of the time you have rather than trying to

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control time itself. The instructions – which include making time for “breathers” throughout the day and finishing a task before starting another – will feel instinctive, and will make it possible for you to surf over the waves of time. You will

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learn that you can trust your intuition when it comes to choosing what to do, and, as a result, your actions will be not only inspired but also very effective. The focus you experience will be relaxed and unforced. But, more than anything

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else, an inner sense of calm will arise.

This title brings together work on embodiment, action, and the predictive mind. At the core is the vision of human minds as prediction machines - devices that constantly

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try to stay one step ahead of the breaking waves of sensory stimulation, by actively predicting the incoming flow. In every situation we encounter, that complex prediction machinery is already buzzing, proactively trying to

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anticipate the sensory barrage. The book shows in detail how this strange but potent strategy of self-anticipation ushers perception, understanding, and imagination simultaneously onto the cognitive stage.

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Surfing

Surf Science

The Big Drop

Trailblazing Surfers In and Out of
the Water

Surfing and Health

The Ultimate Instruction Manual:

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How to Ride Waves with Skill,
Style, and Etiquette

An Introduction to Waves for
Surfing

Seniors can learn to surf. If they have been sedentary, they can begin a program to get fit to surf .Surfing is

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physically demanding. It requires some upper body strength, stamina, and good flexibility. All can be developed in a reasonable period of time. The beauty is once in surf shape, a person could engage in other recreational sports. Getting fit to surf also can include an improved nutrition program. Nutrition

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supports muscle development and a journey to leanness. My oldest student was 77 years old and he did great. Surfing is a great goal to get active, have fun in the ocean, and feel so much better about yourself. Have you ever wondered where surfing waves come from, what makes every

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wave different, why some peel perfectly and others just close out; why, some days, the waves come in sets and other days they don't, and how the tides, the wind and the shape of the sea floor affect the waves for surfing? If you have, this book is for you. Now in its third edition, Surf Science is the first

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book to talk in depth about the science of waves from a surfer's point of view. It fills the gap between surfing books and waves textbooks, and will help you learn how to predict surf. Surf Science is also a useful introduction to oceanography and the science of waves. You don't need a scientific background

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to read it - just curiosity and a fascination for waves.

Surfing and HealthCreatespace
Independent Publishing Platform

This book gives surfers the answers they need now! How to prevent surfing's health problems; Diagnosing yourself and on-the-beach treatment techniques;

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What to do when you can't solve the problem yourself The book is easy-to-use, fun to read and gives fast and complete answers. Written in surfer's language by hard-core surfer-physicians from the infamous surfing doctor's health columns of Surfer magazine and Australia's Tracks. Some

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of the topics covered include: CPR and Rescue Techniques for Surfers; Sharks and Other Critters; Surfer's Ear and Eye Problems; Back, Knee, Skin, and Shoulder Problems; Surf Travel Medicine; Nutrition.

Under the Wave at Waimea

Overweight People Can Surf

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Surfing with Sartre

Taj Burrow's Book of Hot Surfing

Sick Surfers Ask the Surf Docs & Dr.
Geoff

Force of Nature

Secrets to Progressive Surfing

**Bonus Book:100 Fitness Tips How
would you like to get out of your**

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comfort zone? Looking for a sport that gives you a real challenge? And we don't mean improving your "golf swing." We're talking about some serious activity. If you answered 'Yes!' then read on. 3 Reasons Why Surfing Might Be For YOU 1.

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Shooting hoops just doesn't give you that rush any longer. 2. Rock climbing has gotten boring. 3. You'd like to have a year round tan that doesn't require lying in a box! We are serious. The world has shrunk putting prime surfing locations at

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your beck and call. Can you imagine how great it would be spending time on warm, sunny beaches while there's a blizzard dropping four or five feet of snow on the ground at home? Not only will you have fun doing it, it's a sure bet it will keep

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you fit and healthy. Right now YOU have an incredible opportunity to learn how to tap into this amazing sport before taking any lifestyle changes. Learn everything you need to know about this sport and see if it's for you. We have the information

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you need in our compact guide entitled "Easy Surfing" The Best Part Is . . . You don't need any special education - You do it yourself with this new guide. It doesn't require much any extreme fitness criteria. Cost is minimal - Once you've

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discovered what you need to get started you'll find it's not as expensive as you might think. Again, it doesn't take a lot of expertise - Read the guide and you'll have all the knowledge you need to get started. We let you in on all of the

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secrets and more inside "Easy Surfing" Take a peek inside: Not only will you learn about the history of surfing, you will also learn about vintage surfboards. There are different types of surfboards and "Easy Surfing" explains what they

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are and how to shop for your first board. Discover the "how-to" of paddling along with surfing etiquette. You'll also learn all about surfboard design and construction and why it is that not all boards are created equal. And that's not all. We

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also teach you about how to stand, catching the right wave, wetsuits and accessories and much more. Tag: kids surfing, street surfing, surfing, surfing and health, surfing books, surfing essentials, surfing exercise, surfing guide to southern california,

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**surfing history, surfing kids books,
surfing usa book**

**A visually stunning journey across
the world's oceans, featuring soulful
surfers living with purpose “The
women in this book are my sea
sisters and I believe that by sharing**

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these remarkable stories, we inspire other women to make wiser and more empowered choices in their own lives.”—Kassia Meador, former pro-longboarder and founder of Kassia+Surf Women Making Waves is a celebration of the sisterhood of

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surfing, featuring extraordinary women from the United States, Philippines, Mexico, Australia, Senegal, Japan, France, and beyond. Author Lara Einzig profiles more than two dozen inspiring female surfers from around the globe—from

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activists to artists—who are breaking new ground on land and finding healing, joy, and community in the water. There is Maya Gabeira, a Brazilian woman who surfed the biggest wave of anyone in 2020; Bonnie Wright, the British actress,

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activist, and author; Risa Mara Machuca, who runs a free surfing camp in Mexico for local children; and Zara Noruzi, an Iranian exile who found peace on the water in Australia. Through candid interviews on the transformational

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power of surfing, and with immersive photography of beautiful beaches, surf shacks, and favorite breaks, Einzig captures the life-altering strength and resilience that these women discover in their connection to the waves. Women

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Making Waves captures the innate, spiritual essence of our connection to the ocean, inviting us all to paddle out.

With a superhero's physique, a beautiful athlete/model wife, and the ocean as his office, Laird Hamilton's

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charmed lifestyle is enviable. Now he shares his secrets for living a balanced life, including the unique physical regimens, mental strategies, and spiritual beliefs that have allowed Hamilton to do what he loves, while being surrounded by

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family and radiating peak health and fitness.--From publisher description. A bitchin' love letter to sand and sea, and a spirited inside account of life with the "first family" of American surfing In 1956, Dorian "Doc" Paskowitz stepped away from a

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successful medical practice and began a lifelong surfing odyssey that grew to include his wife Juliette, and their nine children. Together, the Paskowitz clan lived a vagabonding bohemian existence, eschewing material possessions in favor of

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intangible riches like health and good cheer . . . all the while careening along the world's coastlines in search of the perfect wave. In *Scratching the Horizon*, Izzy Paskowitz looks back at his unusual upbringing, and his lifelong

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passion for the sport that carries his family's stamp. As the fourth-oldest child in a family of inveterate surfers, rock stars, and beach bums, he is uniquely qualified to shine a light on a childhood that has come to symbolize the surfing credo, a

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reckless young adulthood that nearly cost him his sanity, and a maturing sense of self and purpose that allows him to lift others on the back of his experience. As the father of a son with autism and the founder of "Surfers Healing," a foundation

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devoted to expanding the horizons of children with autism through surfing, Paskowitz has found a way to connect the surreal aspects of his childhood to the harsh realities of adulthood, and he shares these discoveries in this wickedly

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**entertaining and transforming
memoir.**

AFROSURF

**The Surfer's Guide to Strength and
Conditioning**

**Memories of a Legendary Surfing
Beach**

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**A Sordid History of Surfing's
Greatest Love Affair**

Surfing Illustrated

**Surfing, Science, and the Origins of
Belief**

A Visual Guide to Wave Riding

In the recent past, people were used to

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consulting health care professionals or textbooks in order to find answers to their health-related questions. Now, the availability of medical information through electronic resources has changed people's information-seeking behaviors. Such electronic resources have become very popular and are frequently used in

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health-related searches. This study examines the online health information-seeking behaviors of middle aged and older people from Middle East Technical University and its vicinities. Specifically, demographic and other factors affecting online health information seeking, the types of the online health information

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sought, the assessment of such online health information and the reliability criteria of middle aged and older people's online health information habits and preferences.

Get healthy and fit to surf or set a goal of surfing to improve weight, fitness, nutrition, and health. This guide by a surf

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instructor/health coach/personal trainer gives the short version of how to lose weight, get strong, build stamina, develop nutrition, and learn to surf. Surfing is a lifestyle enjoyed by millions and so is fitness. Fitness creates opportunities to enjoy life through lots of different kinds of recreation. No need to stand on the

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sidelines while others are having a great time. Start your program to health with easy steps and progress at your own pace. That is the secret to maintaining a lifestyle. Do it at your pace. This book will start you on the path.

San Onofre: Memories of a Legendary Surfing Beach is a landmark achievement

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in the study of surfing history and culture from its origins in Polynesia, Peru, and Africa, to the role that San Onofre played in molding California surf culture. San Onofre is the story of the California surfing culture as seen through the eyes of the surfers at San Onofre Surf Beach. Pioneer surfers tell their own story of the

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Golden Age of Surfing and illustrate their tales with never-before-seen vintage photographs from their own family albums. Their stories offer a priceless collection of primary source data for future studies of the sport.

From the author of *Welcome to Paradise, Now Go To Hell*, a finalist for the PEN

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Center USA Award for Nonfiction One of Pearl Jam's Jeff Ament's Top 10 of 2018 It's no surprise that surfers like to party. The 1960-70s image, bolstered by Tom Wolfe and Big Wednesday, was one of mild outlaws--tanned boys refusing to grow up, spending their days drinking beer and smoking joints on the beach in

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between mindless hours in the water. But in the 1980s, as surf brands morphed into multibillion-dollar companies, the derelict portrait began to harm business. The external surf image became Kelly Slater and Laird Hamilton, beacons of health, vitality, bravery, and clean-living. Internally, though, surfing had moved on

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from booze and weed to its heart's true home, its soul's twin flame: cocaine. The rise of cocaine in American popular culture as the choice of rich, white elites was matched, then quadrupled, within surf culture. The parties got wilder, the nights stretched longer, the stories became more ridiculously unbelievable. And there has

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been no stopping, no dip in passion. It is a forbidden love, and few, if any, outside the surf world know about this particular rhapsody. Drug use is kept very well-hidden, even from insiders, but evidence of its psychosis rears its head from time to time in the form of overdoses, bar fights, surf contests, murders, and cover-ups.

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Cocaine + Surfing draws back the curtain on a hopped-up, sometimes-sexy, sometimes-deadly relationship and uses cocaine as the vehicle to expose and explain the utterly absurd surf industry to outsiders.

Live Long, Live Well

Safe Surfing for Health Care Information

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The Kook's Guide to Surfing

Online Health Surfing

A Health, Fitness, Surfing Adventure

How to Manage Type 1 Diabetes

Time Surfing

*A classic collection of
big wave surfing stories
that heralded a new era in*

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*surfing literature—32
tantalizing and terrifying
true tales from the
sport's pioneers
Surfing, unlike many
sports, requires no teams,
rules, regulations,*

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scores, or stadiums full of spectators. Surfing instead encapsulates personal triumph, in which the individual measures the growth and limits of his or her own

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capabilities while riding the face of a wave.

Initially published in 1963, this first ever guidebook to California surfing remains a classic that embodies the essence

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of SoCal surfing during the Golden Years. In addition to understanding the anatomy of the coastline, get the skinny on private vs. public beaches, weather and wind

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conditions, water temperature, swell classifications, sea life, and the history of surfing. Accented with over 100 aerial photos, action shots, and maps,

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Stern and Cleary's witty guide provides precise descriptions of the entire southern coast and essentially everything you need to know before hitting the waves.

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Although the surfing scene has changed, "Surfing Guide to Southern California" remains highly relevant for surfers of today and provides a dose of nostalgia for surfers

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of yesterday.

Surfing & Health is a must for surfers and all health professionals related with this fantastic sport.

Surfing & Health offers a fundamental and complete A

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to Z guide covering all major aspects of surfers health. It offers expert medical advice on acute and chronic surfing injuries, including treatment, rehabilitation

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and preventative strategies based on Pilates-core training exercises. Surfing & Health includes topics on surfers travelers disease; hypothermia, skin cancer

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*prevention, shark attacks
and other marine
accidents, women surfing,
and deep information on
physical training,
nutrition advice,
psychological strategies*

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to improve concentration and performance. The book includes a First Aid chapter for beach assessment and intervention. Surfing is not just a

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great summer sport; it also has amazing health benefits as well. Readers will learn more about the history of surfing, how to get started safely, and the various health

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benefits of the sport.

Sugar Surfing

Yoga for Surfing

Easy Surfing

An Aquatic Inquiry into a

Life of Meaning

West of Jesus

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Surf Survival

The Surfer and the Sage

***The ocean is packed with
plants, animals, water...
and science! Ride the
waves of knowledge with
Sam and Jade as they***

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explain all about the amazing wonders of the sea, and have a blast doing it. Have you ever wondered why the ocean has waves? Why the tide goes in and out? And how

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*can coral be alive when
it looks like a rock?
From the pages of the
beloved graphic novel
series, join the
Surfside Girls, Sam and
Jade, for a great*

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investigation into everything that makes the ocean so cool: from moon cycles and king tides, to why a wave breaks, to otters in kelp forests... with

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plenty of fun and jokes along the way. Plus, there's a whole step-by-step chapter on how to surf! The Science of Surfing is the coolest way to take a beach

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vacation and learn at the same time.

Sometimes life's waves knock you down; other times, life might seem to sweep you along powerless. But the

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*choice is always yours
to swim back up to the
light. Legendary world
champion surfer Shaun
Tomson and international
bestselling poet-
philosopher Noah benShea*

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join forces to offer you insight on a path of purpose, hope, and faith. This timely guidebook alternates between Tomson's inspiring experiential

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*essays and benShea's
spiritual commentary
that lift the soul, all
accented with stunning
full-color surfing
photographs. After
losing his son, Tomson*

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***walked the bitter road
of loss and crossed from
darkness into the light.
The Surfer and the Sage
addresses the eighteen
relentless, breaking
waves of life, from loss***

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and aging to relationships and depression, and guides you to transformation. It is not a list of rules to follow that guarantee success,

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health, or wealth, but rather a collection of advice from two guides who have traveled far and wide and suffered deeply, but still look forward to tomorrow with

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***faith and hope.
The Internet has
dramatically changed
healthcare delivery by
empowering the health
care consumer to an
unprecedented level. We***

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***are in a new era in
which we can take
responsibility for, and
control of, our wellness
and illnesses. Online
Health Surfing will
provide you with***

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***comprehensive
information regarding
the options available
for researching Internet
based health
information. The sheer
volume of***

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information—there are now over 18,000 individual web sites offering health care information—is too overwhelming for the average individual to

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research. And most physicians are not computer-savvy and are also overwhelmed with the speed and volume of information that is disseminated on the

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Internet. After reading this book, you will feel comfortable turning to the web during an illness for health information. You will be able to integrate

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practical advice from experts regarding medical treatments into your health care and feel empowered to do so, by referencing information from quality

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sources when you discuss your health with your physician.

Three expert physicians/surfers trained in emergency medicine, sports

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*medicine, and family
medicine explain
everything you need to
know to stay safe in the
water. Whether you're a
novice or an expert, an
SUPER or a bodyboarder,*

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Surf Survival is the only book that every surfer must have in his or her backpack, car, and beach house. This practical handbook explains everything from

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how to reduce a shoulder dislocation to understanding waves and currents, from how to treat jellyfish stings to how to apply a tourniquet. Whether you

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are surfing a crowded beach in California or a remote island in Indonesia, be prepared to handle surfing-related emergencies from hypothermia and drowning

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to wound care and infections. Topics include:

- Fitness for surfers*
- Prevention and rehabilitation of common overuse injuries*
- Wilderness first aid*

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Surviving the sun • Surf-travel medicine • Surviving big surf • SUP • Surfer's ear • And much, much more! Written by three expert physician surfers,

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***packed with color photos
and illustrations, this
is the authoritative
medical guide for
surfers and watermen.
Mind, Body, Soul (And,
of Course, Surfing)***

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***Cocaine + Surfing
Tips, Techniques, and
Living the Flow State
The Surfer's Health
Handbook
Surfing for Health
Information***

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***Hydrophilia Unbounded
Surfing & Health***

*Strengthen and Balance Your
Body and Soul for Health,
Happiness, and Longevity Yoga
for Surfing guides you through
over 100 yoga and meditation*

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practices that effectively teach the reader how to access the flow state of consciousness for greater health, happiness, creativity, success, and life fulfillment. Fully illustrated with photos and clear, concise

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instructions that demonstrate how to do yoga in a variety of settings—on the beach, on the board, while floating on water, with or without props—there is something here for everyone to benefit from, whether they are

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advanced surfers or beginners.

Notable contributors include:

Shiva Rea Donica Shouse

Jeremie Vaine Peggy Hall Zane

Kekoa Schweitzer Noelani Love

Eoin Finn Kendyl Beschen Jessi

Moon With helpful advice on

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surfing techniques, performance focus, and relaxation, as well as inspiring short stories about surfers who have healed themselves via yoga, this is the ultimate guide to mind/body wellness in and out of the water.

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This in-depth, photo-packed look at the history and culture of surfers is “meticulously researched, smartly written . . . required reading” (Outside Magazine). Matt Warshaw knows more about surfing than any

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other person on the planet. After five years of research and writing, Warshaw, a former professional surfer and editor of Surfing magazine, has crafted an unprecedented, definitive history of the sport and the culture it has

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spawned. With more than 250 rare photographs, The History of Surfing reveals and defines this sport with a voice that is authoritative, funny, and wholly original. The obsessive nature of Warshaw's endeavor is matched

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only by the obsessive nature of surfers, who are brought to life in this book in many tales of daring, innovation, athletic achievement, and the offbeat personalities who have made surfing history happen. “The world’s most

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comprehensive chronicler of the surfing scene.” —Andy Martin, The Independent Prediction, Action, and the Embodied Mind Blue Space, Health and Wellbeing