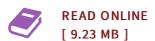




Surf Survival: The Surfer's Health Handbook

By Andrew Nathanson, Clayton Everline, Mark Renneker, Gerry Lopez

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Surf Survival: The Surfer's Health Handbook, Andrew Nathanson, Clayton Everline, Mark Renneker, Gerry Lopez, Whether you re a novice or an expert, "Surf Survival" is the handbook every surfer must have in his or her backpack, car, and beach house. With a slick waterproof cover and a handy travel-size format, "Surf Survival" explains everything from what to do about a jellyfish sting to what to eat for maximum energy out on the water. Also included are lists of common surfing hazards by region and wave science warmups, as well as detailed checklists of what to have on hand in case of an emergency. Be prepared for anything, whether you re surfing a crowded beach in California or a remote island in Indonesia. Written and compiled by three expert surfers and sports medicine doctors, this full-color guide is a handy musthave reference tool for every surfer.".



Reviews

This type of publication is almost everything and taught me to hunting ahead plus more. It is writter in easy terms rather than difficult to understand. Your way of life period will likely be transform once you comprehensive looking at this ebook.

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Certainly, this is actually the best job by any article writer. It can be loaded with knowledge and wisdom I realized this pdf from my i and dad advised this book to discover.

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