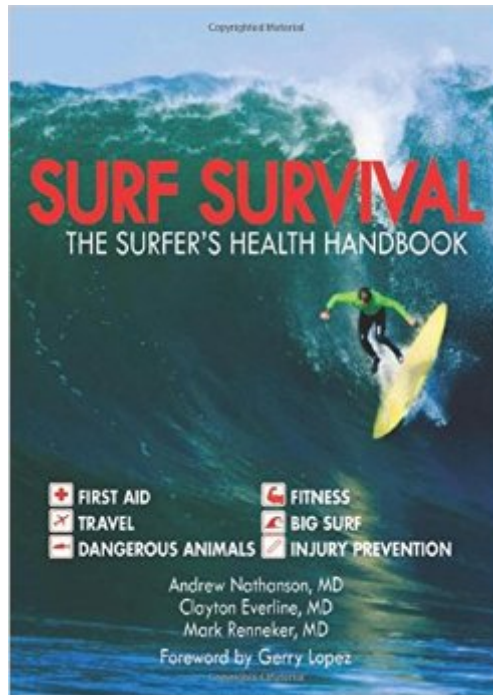


The book was found

Surf Survival: The Surfer's Health Handbook



Synopsis

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 warm-ups, 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 must-have reference tool for every surfer.

Book Information

Paperback: 288 pages

Publisher: Skyhorse Publishing (June 21, 2011)

Language: English

ISBN-10: 1616083182

ISBN-13: 978-1616083182

Product Dimensions: 5.5 x 5.6 x 7.8 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #308,662 in Books (See Top 100 in Books) #77 in [Books > Sports & Outdoors > Outdoor Recreation > Surfing](#) #938 in [Books > Sports & Outdoors > Water Sports](#)

Customer Reviews

I bought this book for my boyfriend who surfs daily. I read the book and it shows you what to do in a lot of situations that can happen out in the water. My neighbor, who is also a life long surfer, looked through it and bought one right away. He told me the CPR and other tips on how to rescue people in the water are things he has yet to learn. Great buy.

Every surfer should own this book. I borrowed it from the library, flipped through it for 5 minutes, and then bought a Kindle version! I will be referring to this as long as I surf. It is easy to read and contains medical advice / some statistics to support findings (i.e. most cold water surfers will develop surers ear after 5 years). The Kindle version works great and clicking the table of contents takes you to the appropriate page.

I bought this book because I have ear problems and wanted to see their advice. I read this chapter and it was very good advice which I will use and hope for some relief. I recommend this book! It is chuck full of info...some I never really thought about. Worth the money. Will be a good reference book from here on.

I was introduced to this book while watching a SUP downwind video by Maui's Jeremy Riggs and Suzie Cooney. In the the video, Clay spoke of the sharpest teeth in the ocean aren't sharks, but instead surfboard fins. The book proves this with many examples of surfing accidents from fins and many other issues. It's an idea guide if you're travelling for surf trips and are far from any medical care but also for at home situations. A must have for instructors as well.

I read about this book on a surf blog or website and knew it would be the perfect gift to give my husband who surfs. He recently went on a surf trip to Nicaragua and being the protective wife that I am, I wanted to get him this book. It has a lot of important surf survival information without coming across too technical or cheesy. My husband thought the book was well written and said it's a great book for all surfers to have. I highly recommend it!

Matt Warshaw is my hero, but Surf Survival is arguably the most important book you can own as a surfer. Surf Survival is clearly written, deeply researched and is simply filled vital information that could save your life - or the life of someone else. It's written by a trio of deeply knowledgeable doctors, including ER doctor Andrew Nathanson and the legendary Mavericks surfer/oncologist/genius Mark Renneker. Every surfer should have this on a Kindle, or better yet in paperback form in their glove compartment or travel bag. It's such a solid read, that when Surfline.com asked me to put together a first aid/medical series, we went straight to the source and serialized the most important chapters.--Chris Dixon, editor, thescuttlefish.com, author, Ghost Wave - The Discovery of Cortes Bank and the Biggest Wave on Earth.

Well written, easy to understand (even if you dont have any medical experience), and lots of great photos (some not so great, LOL), with lots of information! If you surf, you MUST own this book!! Surf safe!!ALOHA!!

... To the extent that it WILL scare you to paddle out for your next surf. But I am grateful for this resource for what to do. I bought the paperback version first. I thought it was so useful that I bought

the kindle version to take on a trip to Indo (and not have to carry around extra weight). If you are going surfing in the 3rd world or anywhere remote, read this first.

[Download to continue reading...](#)

Surf Survival: The Surfer's Health Handbook The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Surfer Magazine's Guide to Northern and Central California Surf Spots Fit to Surf : The Surfer's Guide to Strength and Conditioning Surf Lessons: Stories Of An Eastern Surfer The Stormrider Surf Guide Chile (Stormrider Surf Guides) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's Survival) Bushcraft Survival Guide: Important Bushcraft Skills To Survive In The Wild: (Bushcraft Outdoor Skills, Bushcraft Carving, Bushcraft Cooking, Bushcraft ... Survival Books, Survival, Survival Books) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Survival: DIY Survival Guide - Tactics That Everyone Should Know - Learn How to Survive a Disaster (Survival, Survival Guide, Prepping, SHTF Book 1) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Survival Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World Goes Silent: (Prepper's Guid, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival Books) SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Survival How To Disappear Without a Trace, Find Food, Shelter and Water in Any Wilderness: (Survival Tactics, Survival Navigation) (Prepper Survival, How to Survive in The Forest) WINTER SURVIVAL COURSE HANDBOOK, SURVIVAL MANUAL, SURVIVAL GUIDE Preppers Pantry: The Ultimate Survival Guide For Emergency Water & Food Storage During An Urban Emergency (Urban Survival Pantry, Canning And Preserving, Camping, Life Saving Meals, Survival Guide) Paracord: 20 Legendary Paracord Projects With Illustrated Instructions: (Ultimate Survival Guide, College Paracord Bracelet) (Urban Survival Guide, Survival Kit)

