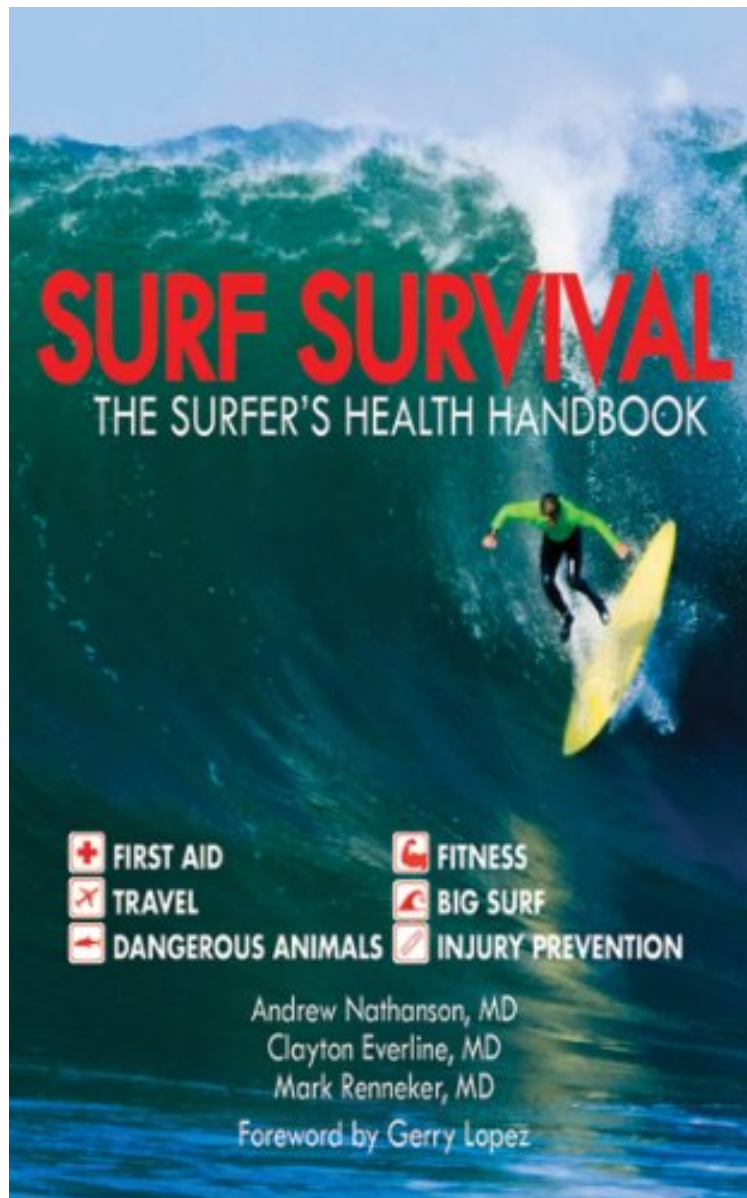


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Surf Survival: The Surfer's Health Handbook

Von Andrew Nathanson, Clayton Everline, Mark Renneker
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Von Andrew Nathanson, Clayton Everline, Mark Renneker : Surf Survival: The Surfer's Health Handbook
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good collection of things worth to know Von Tobi Despite of German being my mother tongue it's not very hard for me to read the book and catch the fine sense of humour the authors include. A very nice collection of things you should know about dangers etc. in surf.0 von 0 Kunden fanden die folgende Rezension hilfreich. Surfer's Essential Von Mischpanse Gut geschriebenes, anschaulich bebildertes Buch. Pflichtlektre fr alle die regelmig Reisen und Surfen. Buch ist vollstndig auf Englisch, aber einfach zu verstehen.

Kurzbeschreibung Whether youre 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 youre 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.