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# 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

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

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## 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 surfer's 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.

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