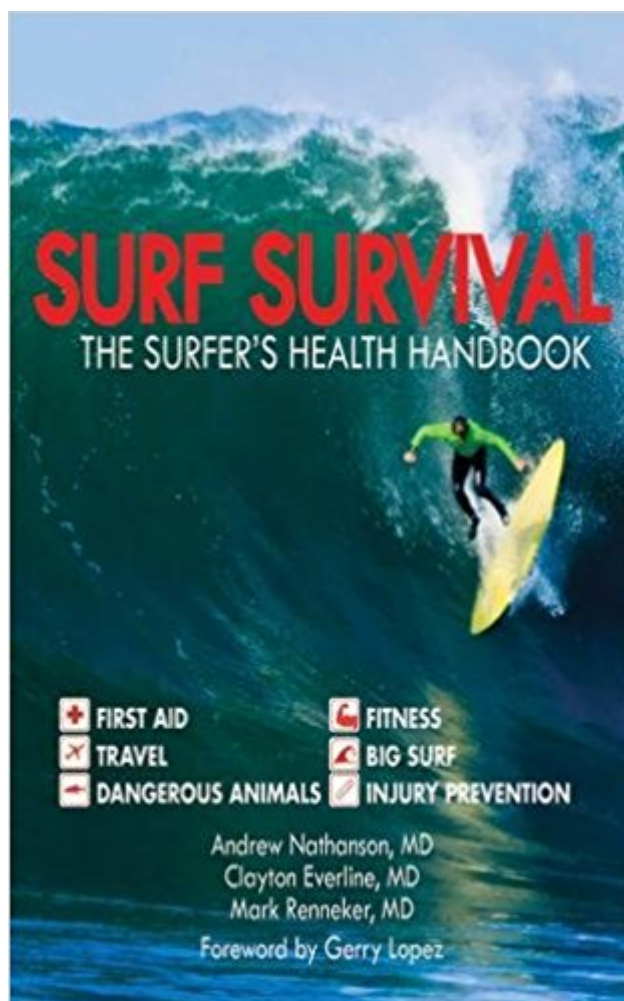


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# Surf Survival: The Surfer's Health Handbook



## 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: 4.8 out of 5 stars 24 customer reviews

Best Sellers Rank: #438,852 in Books (See Top 100 in Books) #117 in Books > Sports & Outdoors > Outdoor Recreation > Surfing #1087 in Books > Sports & Outdoors > Water Sports

## Customer Reviews

"This thorough, authoritative and oddly enjoyable book tells you not only how to treat surfing's myriad ailments, but also how to prevent them. For that reason alone, it might be the most important piece of surf literature you ever buy. All that, plus lots of photos of gnarly injuries." -- Steve Hawk, former editor, Surfer Magazine  
"Nobody has thought more, studied more, or cared more about the lifelong health and survival of surfers than Mark Renneker. 'Surf Survival' brings together all that priceless knowledge, along with invaluable contributions from Nathanson and Everline, to make a must-have volume for every surfer everywhere. From surf-specific wilderness first aid--critical on any serious surf trip, anywhere on earth--to big-wave safety and even the very real scourge of surfer's ear, it's all here. Don't even think about it: if surfing plays any role in your life, you need this book." ----Daniel Duane, author of "Caught Inside: A Surfer's Year on the California Coast"  
"I've read over 100 surfing-related books, but 'Surf Survival' is the first one that I'll carry with me on every surf

trip." ----Drew Sievers, *The Waterman's Library*"Good medicine, and a fun read in the bargain. Read this book and surf until you're 100." ----Matt Warshaw, author of "The History of Surfing"

Andrew Nathanson, MD, FACEP, is an associate professor of emergency medicine at Brown University School of Medicine who has a lifelong passion for the sea. He has published numerous studies on surfing, windsurfing, and sailing injuries, and organizes a biennial Wilderness Medical Society conference on marine medicine. He most enjoys surfing with his wife and son at a secret spot in Little Compton, Rhode Island. Clayton Everline, MD, CSCS, FAWM, practices as a sports physician at The Waves of Health, LLC: Ocean Sports, Environmental and Outreach Medicine when not surfing. He is board certified in both sports medicine and internal medicine and is a fellow of the academy of wilderness medicine (FAWM). He is a clinical assistant professor of orthopedic surgery at Seton Hall University, and a strength and conditioning specialist (CSCS). He has been featured as "Top Doctor" in Men's Health and is a columnist in Surflife Health and Fitness. He lives in Honolulu, Hawaii. Mark Renneker is a physician, a renowned big wave surfer, and the founder of the Surfer's Medical Association, which has sought to improve health conditions of often-poor populations near surf destinations around the world. Renneker lives in San Francisco, California.

This is a great book, very detailed, and informative. I move around a lot and don't carry many things with me, and this book is one of the few possessions I always have around.

I was introduced to this book while watching a SUP downwind video by Maui's Jeremy Riggs and Suzie Cooney. In 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.

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 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!

... 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.

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 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.

Engaging, informative read and worth the price (\$10). Best parts are the surf survival stories. I learned a lot of information that I wouldn't have otherwise.

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