

Fit To Surf

Eventually, you will no question discover a extra experience and carrying out by spending more cash. nevertheless when? reach you take that you require to acquire those all needs as soon as having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more something like the globe, experience, some places, bearing in mind history, amusement, and a lot more?

It is your enormously own mature to exploit reviewing habit. accompanied by guides you could enjoy now is **Fit To Surf** below.

Art of Surfing - Raul Guisado 2011-11-08

Surfing has evolved from a relatively obscure pastime to one of the fastest growing sports in the world. Today, there are millions of surfers across the globe. The Art of Surfing was the first book of its kind to avail participants, both beginner and advanced, with the same training and coaching principles of the more established and traditional sports. It has empowered both recreational and competitive surfers to prepare for and catch the best waves. This thoroughly revised and updated new edition—with 160 color photos—covers boards and equipment, the anatomy of waves, body position and stance, and techniques for everything from paddling to walking the nose. Special chapters on competition and training, biomechanics, and the psychology of surfing round out this first-of-its-kind textbook for the developing surfer. Inside you'll find information on:

- The basics of boards and other gear, the anatomy of waves, and a review of basic maneuvers
- Advanced techniques for everything, from paddling to turning to walking the nose
- Basic and advanced exercises for improving flexibility, balance, and stability
- Strength-training and power-building routines
- Cardiovascular endurance workouts, as well as cross-training options
- Tips on performance nutrition, and the latest advances in sports psychology

A chapter on surf contests rounds out this coaching and training manual. Let The Art of Surfing help you develop a game plan to boost your physical, technical, and mental performance—and prepare to catch the next wave.

Advanced Surf Fitness for High Performance Surfing - Lee Stanbury 2014-12-15

Aimed at surfers of all ages and abilities, *Advanced Surf Fitness for High Performance Surfing* offers a complete training package designed to take your surfing to the next level. The book includes a series of training programs that target the different muscle groups used in surfing, from paddling to all the different maneuvers. The book also includes sections about swimming and cardio regimes, as well as psychology and nutrition. *Advanced Surf Fitness for High Performance Surfing* is the follow-up to the best-selling *Complete Guide to Surf Fitness*.

Surf, Sweat and Tears - Andy Martin

"I don't normally read books about surfers, but this is like Truman Capote, with shorts." —Lee Child "Andy Martin, to his immense credit, knows that surfers are misfits and accidental comics, as well as great athletes." —Matt Warshaw "A sublime mixing of stoke and sorrow, hedonism and the macabre—skillfully and deftly penned by someone who had, and still has, intimate access to many of the key players." —Tom Anderson, author of *Riding the Magic Carpet: A Surfer's Odyssey to Find the Perfect Wave* This is the true story of Ted, Viscount Deerhurst, the son of the Earl of Coventry and an American ballerina who dedicated his life to becoming a professional surfer. Surfing was a means of escape, from England, from the fraught charges of nobility, from family, and, often, from his own demons. Ted was good on the board, but never made it to the very highest ranks of a sport that, like most, treats second-best as nowhere at all. He kept on surfing, ending up where all surfers go to live or die, the paradise of Hawaii. There, in search of the "perfect woman," he fell in love with a dancer called Lola, who worked in a Honolulu nightclub. The problem with paradise, as he was soon to discover, is that gangsters always get there first. Lola already had a serious boyfriend, a man who went by the name of Pit Bull. Ted was given fair warning to stay away. But he had a besetting sin, for which he paid the heaviest price: He never knew when to give up. *Surf, Sweat and Tears* takes us into the world of global surfing, revealing a dark side beneath the dazzling sun and cream-crested waves. Here is surf noir at its most compelling, a dystopian tale of one man's obsessions, wiped out in a grisly true crime.

The Stand Up Paddle Book - Nate Burgoyne 2010-12

The Stand Up Paddle Book is the complete guide to stand up paddle surfing etiquette, equipment, and surfing technique! Nate Burgoyne,

founder and editor of Stand Up Paddle Surfing Magazine, who is also and founder and instructor of Rainbow Watersports Adventures stand up paddle school in a Hawaii on the North Shore of Oahu, guides you through the exciting journey from window shopping for your first board to catching your first waves to taking your stand up paddle surf skills to a higher level in this, the first book ever published, on the sport. Fun illustrations, comprehensive information, real life stories, and conversational voice packed into 268 pages make The Stand Up Paddle Book the best book for learning how to stand up paddle.

TESTIMONIALS: "This clear and easy to read book is a great resource that takes you step-by-step so you can get out on the water and enjoy stand up paddling. Nate does a beautiful job of keeping things simple to understand and easy to read." - Blane Chambers, Shaper and Founder of Paddle Surf Hawaii "In a cyber age where any fool with a keyboard can become an instant expert on stand up paddling, Nate Burgoyne is a breath of fresh air." - Dave Chun, Shaper and Founder of Kialoa Paddles

Secrets to Progressive Surfing - Didier Piter 2012

Secrets to Progressive Surfing is not your average learn to surf book aimed at getting beginners up and riding. This is a detailed analysis of what it takes to master just about every maneuver in the book, from the humble take-off to the modern aerial and everything in between. The text is clear and understandable, broken down into logical step by step progressions, shedding light on the techniques used by the pros. And what better pro to demonstrate the required skills in beautifully photographed sequences than Kelly Slater, 11 times World Champ, who plays a starring role in this incredible book that has something for every surfer on the planet.

Surf Survival - Andrew Nathanson 2011-06-21

Explains everything necessary to stay safe in the waves for surfers of all abilities, including dangerous marine animals, nutrition and hydration, and first aid and prevention for common injuries.

The WetSand WaveCast Guide to Surf Forecasting - Nathan Todd Cool 2003

Shows how you can make surf forecasts with simple calculations and free, publicly available data.

Surfer Girl - Sanoë Lake 2005

Discusses the basics of surfing for teenage girls, including equipment, safety, practical surfing attire, and fundamental surfing moves.

Barbarian Days - William Finnegan 2016-04-26

Winner of the 2016 Pulitzer Prize for Autobiography Included in President Obama's 2016 Summer Reading List "Without a doubt, the finest surf book I've ever read . . ." —The New York Times Magazine *Barbarian Days* is William Finnegan's memoir of an obsession, a complex enchantment. Surfing only looks like a sport. To initiates, it is something else: a beautiful addiction, a demanding course of study, a morally dangerous pastime, a way of life. Raised in California and Hawaii, Finnegan started surfing as a child. He has chased waves all over the world, wandering for years through the South Pacific, Australia, Asia, Africa. A bookish boy, and then an excessively adventurous young man, he went on to become a distinguished writer and war reporter. *Barbarian Days* takes us deep into unfamiliar worlds, some of them right under our noses—off the coasts of New York and San Francisco. It immerses the reader in the edgy camaraderie of close male friendships forged in challenging waves. Finnegan shares stories of life in a whites-only gang in a tough school in Honolulu. He shows us a world turned upside down for kids and adults alike by the social upheavals of the 1960s. He details the intricacies of famous waves and his own apprenticeships to them. Youthful folly—he drops LSD while riding huge Honolua Bay, on Maui—is served up with rueful humor. As Finnegan's travels take him ever farther afield, he discovers the picturesque simplicity of a Samoan fishing village, dissects the sexual politics of Tongan interactions with Americans and Japanese, and navigates the Indonesian black market while nearly succumbing to malaria. Throughout, he surfs, carrying

readers with him on rides of harrowing, unprecedented lucidity. *Barbarian Days* is an old-school adventure story, an intellectual autobiography, a social history, a literary road movie, and an extraordinary exploration of the gradual mastering of an exacting, little-understood art.

Surfer Chick - Kristy Dempsey 2019-07

Filled with cool surf lingo, this sweet rhyming picture book is perfect for summer at the beach and for celebrating the love between a father and a daughter. Kirkus writes, "A most expressive chicken makes a splash in this winning title about learning to surf." - STARRED REVIEW

Natural Surf Technique - Frank Caronna 2014-10-17

I wrote this book with the confidence of 25 years teaching and coaching surfing and feel I have established a technique that will help beginner to intermediate surfers learn and reach their potential faster while staying safe and respectful to other surfers and the ocean. I have used my techniques to help surfers of all levels while keeping in mind the different body types people have and hope you enjoy the techniques and teachings the book provides. You can view the slide up technique and a few other things I teach in the book on YouTube under Natural Surf Technique to better help you understand and connect the techniques better. Enjoy and better safer surfing, Frank Caronna (Author owner and surf coach for Natural Surf Technique)

Health & Fitness for Windsurfing - Henrik Beyer 2015-07-04

Health & Fitness for Windsurfing 3rd Edition provides ready-made periodized strength and conditioning programs for windsurfers. It guides you through two methodical and scientifically based 52-week training programs as well as a 15-week intensive program. Health & Fitness for Windsurfing 3rd Edition is designed to meet the needs of sailors who are new to or experienced in strength training. Additionally this book includes windsurfing articles, exercise descriptions, information about preventing injuries in windsurfing and recommendations regarding stretching, nutrition, warm-up and recovery and an exclusive interview with professional windsurfer Víctor Fernández López. The training programs will effectively improve your muscular strength, power and endurance as well as cardiovascular fitness with the purpose to improve sailing performance and decrease the risk of windsurfing injury. Each training program has an easy-to-use layout for recording workout details to effectively track your progress. "Your success in training is important for me, and I am proud to have communication with my readers to assist them towards greater windsurfing health and fitness" Henrik Beyer.

Fit to Surf - Rocky Snyder 2003-06-23

Fit to Surf, a cutting-edge surfing-specific fitness guide, supplies surfers of all levels of experience with everything they need to create a personal fitness program that builds strength and endurance, increases balance and coordination, and minimizes the risk of injury. Personal trainer Rocky Snyder—himself an avid surfer with two decades of experience riding the waves—provides easy-to-follow, step-by-step instructions supplemented with 60 photographs of conditioning exercises that can be performed at home, in the gym, or on the water.

Stand Up Paddle Instruction Book - Mitch Powers 2013-06-19

"Stand up paddling is another way to get on the water, enjoy nature and benefit from a tremendous workout." -- Back cover

The Surfboard Book - Sean McCagh 2013

How Design Drives Performance Have you ever wondered how changing design will effect the performance of a surfboard, wanted to really understand what your shaper, surf shop or mates are talking about when they discuss bottom curve or rocker, or more importantly why a particular surfboard goes really well or struggles to perform in some situations? The Surfboard Book includes advice stories and design details from some of the most experienced and credible subject experts in the history of the surfboard in Simon Anderson, Dick Brewer, Steve Lis and Bob McTavish: each are known not only as surfboard shapers and designers but as innovators with a combined design experience approaching 200 years. The Surfboard Book explains: elements of surfboard shape and their effects on performance construction types: from traditional to modern sandwich construction important material properties including environmental issues basic types or classes of surfboard and how they perform how to go about choosing or specifying your next surfboard

Surfing: a Beginner's Guide 3e - Alf Alderson 2018-04-17

Catch the surfing bug with this book that teaches you where to surf, when to surf, and how to surf safely.

The Surf Girl Handbook - Louise Searle 2015-08-01

This new edition of the The Surf Girl Handbook has been revised and updated with fresh photos and additional sections. Whether you're a

complete beginner or a standout ripper at your local break, *The Surf Girl Handbook* will help you to take your surfing to the next level. Packed with practical information, stunning photos and insider tips from the pros, *The Surf Girl Handbook* is an essential reference for any surf girl. It's like having your own personal surf instructor, lifestyle coach and fitness guru all in one book! "The book isolates the key maneuvers and breaks them down, offering just the right amount of guidance so as not to make it too confusing," writes top Australian surfer Sally Fitzgibbons in the foreword. "The photos really get your adrenaline pumping. The Surf Girl Handbook will inspire you to get out there and do it yourself." Packed with more than 500 color photos, the book includes sections on fitness, diet, travel, equipment, swell prediction, surfing etiquette, technique and the ocean environment.

The History of Surfing - Matt Warshaw 2011-04-29

This in-depth, photo-packed look at the history and culture of surfers is "meticulously researched, smartly written . . . required reading" (*Outside Magazine*). Matt Warshaw knows more about surfing than any other person on the planet. After five years of research and writing, Warshaw, a former professional surfer and editor of *Surfing* magazine, has crafted an unprecedented, definitive history of the sport and the culture it has spawned. With more than 250 rare photographs, *The History of Surfing* reveals and defines this sport with a voice that is authoritative, funny, and wholly original. The obsessive nature of Warshaw's endeavor is matched only by the obsessive nature of surfers, who are brought to life in this book in many tales of daring, innovation, athletic achievement, and the offbeat personalities who have made surfing history happen. "The world's most comprehensive chronicler of the surfing scene."

—Andy Martin, *The Independent*

Let My People Go Surfing - Yvon Chouinard 2016-09-06

"Wonderful . . . a moving autobiography, the story of a unique business, and a detailed blueprint for hope." —Jared Diamond, Pulitzer Prize-winning author of *Guns, Germs, and Steel* In this 10th anniversary edition, Yvon Chouinard—legendary climber, businessman, environmentalist, and founder of Patagonia, Inc.—shares the persistence and courage that have gone into being head of one of the most respected and environmentally responsible companies on earth. From his youth as the son of a French Canadian handyman to the thrilling, ambitious climbing expeditions that inspired his innovative designs for the sport's equipment, *Let My People Go Surfing* is the story of a man who brought doing good and having grand adventures into the heart of his business life—a book that will deeply affect entrepreneurs and outdoor enthusiasts alike.

Bethany Hamilton - Amy Van Zee 2016-01-01

Learn the remarkable story of Bethany Hamilton, a young woman who survived a shark attack and continued her dream to surf. Additional features to aid comprehension include a table of contents, fact-filled captions and sidebars, a glossary, sources for further research, a listing of source notes, and an introduction to the author.

Surf Food - Nava Young 2009

A collection of recipes from the world's best surfers, including 25 World Champions. These individuals have some of the most envied lifestyles of any sports people and this book gives you a glimpse into their world. Featuring informative biographies, over 180 photographs and mouthwatering dishes from all over the globe, *Surf Food* is sure to keep you both entertained and well fed.

Developing Power - National Strength & Conditioning Association 2017-06-01

Authored by the National Strength and Conditioning Association, *Developing Power* is the definitive resource for developing athletic power. With exercises and drills, assessments, analysis, and programming, this book will elevate power and performance in all sports.

Swell - Liz Clark 2018-04

Sailing Ten Years and 20,000 Miles In Search of Surf and Self

Fluid Surfer - Michelle Drielsma 2016

Surf Ed. - Karol Ann Hoeffner 2007-05-22

After moving to California from Texas, Molly bluffs her way into the surfing class, and learns about surfing, perseverance, and the social life of California high school students.

She Surf - Lauren L. Hill 2020-05-05

Join the celebration of the diverse, vibrant, and engaged community of women riding and making waves around the globe. While surfing is usually seen as a male domain, women have long been nurturing their own water stories and claiming their rightful place in the world of this sport. *She Surf* hails the females, past and present, who are engaged in

expanding the art of surfing. Through exclusive interviews and evocative imagery, the book travels from the iconic waves of Hawaii to remote locations in Morocco. Learn about the forgotten stories of Polynesian surfing princesses, pioneering wave riders from the 1960s, and the contemporary movers and shakers shaping the scene. This book is an exciting reflection on what it means to be a female surfer and what it means to be moved to action by the beauty of the sea.

The Surf Girl Fitness Handbook - Lee Stanbury 2015-10-15

Wish you could catch more waves when you go surfing? Wish you could surf for 90 minutes or more each session? Wish you could improve the power of your manoeuvres and really throw some spray? The Surf Girl Fitness Handbook is a new book aimed at girl surfers of all ages and abilities, from beginner to pro. Illustrated with step-by-step exercises and packed with tips and advice, the book offers a complete training program which will increase your fitness, power and endurance for surfing. Using the latest training techniques, this book covers everything from stretching and flexibility exercises to core strength enhancement and resistance training. Sections on healthy eating, motivation and maintaining fitness are also included, and there's advice about improving balance and flexibility from top yoga and pilates coaches. To keep you energized, there's a selection of quick, healthy and delicious recipes to try out (with quantities given in both US and metric measurements). In the technique section you'll find instructional tips covering fundamentals like popping up, taking off and bottom turning. Cutbacks, top turns and more advanced maneuvers are also fully explained, each with a corresponding specific exercise which will help you turn up the power. The Surf Girl Fitness Handbook will motivate you to improve your surfing, catch more waves, and have more fun. It's like having your own personal surf instructor, lifestyle coach and fitness guru all in one book!

Surf Odyssey - Andrew Groves 2016-03

"Cold-water surfing, the most remote surf spots, spectacular photography, illustrations, and custom boards: Surf Odyssey documents the modern cult of surfing as its own subculture and way of life. There's much more to surfing than palm trees and beach boy clichés. People surf not only in Hawaii, but also in Norway, South Korea, and India. Surf Odyssey is a book about the world of surfing today and those that live in it. This community is made up of the surfers themselves as well as surf photographers and board builders who are also spreading its distinctive spirit into other creative fields. Comparable to the new outdoor movement, today's surfing is about an attitude toward life, a lust for adventure, and a love of nature that one can only find far away from established spots. Surf Odyssey presents this scene's places, people, stories, and brands. Its stunning photography is sure to inspire many further surfing exploits."

Live Like Sally - Lucas Townsend 2014

One of Australia's most popular athletes, Sally Fitzgibbons shares the secrets of becoming one of the world's best in her debut book, LIVE LIKE SALLY. Sally Fitzgibbons is one of the most loveable women in Australian sport, having built a wildly diverse and record-breaking career as a professional surfer. Known for her infectious positivity, beneath the famous smile is a passionate competitor who's dedicated herself to winning a world title. But amidst it all is the poise of an independent young woman, living a holistic and healthy lifestyle, proud and in control of her decisions. LIVE LIKE SALLY shares the knowledge and lessons Sally has learned in areas like fitness, nutrition, body image, victory, defeat and adventure - all splashed with salt water and told with a smile!

Liferider - Laird Hamilton 2019-03-12

NEW YORK TIMES BESTSELLER • Surfing icon Laird Hamilton offers inspiration to anyone who wants to elevate their ordinary, landlocked lives to do extraordinary things. "When Laird Hamilton surfs, you must watch. When he speaks, I listen. And when he writes a book, I'm damn sure gonna read it. Twice."—Eddie Vedder, Grammy Award-winning lead vocalist of Pearl Jam Millions of us increasingly seek happiness in fads and self-help books, reaching upward every day toward some enlightened state that we wish to attain. Laird Hamilton is more intent on looking inward and appreciating the brilliant creatures we already are. In Liferider, Laird uses five key pillars—Death & Fear, Heart, Body, Soul, and Everything Is Connected—to illustrate his unique worldview and life practices. This is Laird Hamilton in his own words—raw, honest, and unvarnished—on topics he has rarely explored before. Based on extensive interviews and conversations between Laird and his coauthor, Julian Borra, with additional insights from Laird's wife, pro-volleyball player Gabby Reece, Liferider takes on human resilience, relationships, business, technology, risk-taking, and the importance of respecting the natural world, all through the lens of Laird's extraordinary life both in

and beyond the ocean. Praise for Liferider "Laird is a hero, if you want him to be. That's up to your perception. He challenges himself, and he challenges those around him. He shows us that the deeper we puncture into life, the more vibrant the colors get. The Laird Hamilton I know—real, faulty, moody, deeply loving, and communal—comes through on every page of Liferider."—Josh Brolin, Award-Winning Actor "Laird Hamilton is a true individualist unafraid to carve his own path. These thoughtful meditations offer a unique window — illuminating and inspiring — into one of America's great innovators."—Rory Kennedy, Documentary Filmmaker

The Complete Guide to Surf Fitness - Lee Stanbury 2011-05-01

The Complete Guide To Surf Fitness brings together all the latest knowledge and techniques to offer a complete training program for beginners to pro's. Illustrated with more than 150 annotated photos and inspiring surf images, the guide covers everything from stretching and flexibility exercises to core strength, resistance training and plyometrics. Also covered is the use of exercise equipment such as Swiss balls, Indo boards and Bosu balls as well as a swimming program and tips for young surfers. There's no need to join a gym as all the exercises can be done at home.

Chasing Waves - Amy Waeschle 2009-06-02

With a fresh voice and surf-saturated daydreams, this author celebrates the joys of traveling around the world to feed her surfing addiction.

Force of Nature - Laird Hamilton 2010-08-31

With a superhero's physique, a beautiful athlete/model wife, and the ocean as his office, Laird Hamilton's charmed lifestyle is enviable. Now he shares his secrets for living a balanced life, including the unique physical regimens, mental strategies, and spiritual beliefs that have allowed Hamilton to do what he loves, while being surrounded by family and radiating peak health and fitness.—From publisher description.

Surf Dog Miracles - Meish Goldish 2012-08-01

One morning in September 2011, a large crowd gathered at the shore in Huntington Beach, California. The people had come to watch dozens of surfers ride the rolling ocean waves. This wasn't just any surfing competition, however—the surfers were dogs! With more than a thousand fans cheering the competitors on, an English bulldog named Sir Hollywood rode a long wave and was declared one of the winners. Surf dog competitions are fairly new, but dogs have been riding surfboards with their owners for fun since the 1920s. In Surf Dog Miracles, kids will meet the talented dogs that learn to balance on a surfboard, recover if they almost fall off the board, and even surf backward. Some surf dogs raise money for charity, while others can help people with disabilities ride a wave. Packed with real-life stories and full-color photos of these special animals, this book is sure to be a favorite of dog lovers everywhere.

Women on Waves - Jim Kempton 2021-07-06

A captivating look at two centuries of surfing—"the Sport of Queens"—from Native Hawaiian royalty to the breakout style and jaw-dropping feats on the waves today. Few subjects in the world of sports and or the outdoors is more timely or compelling than women's surfing. From smart, strong, fearless women shattering records on 80-foot waves to professional athletes fighting for equal pay and a more fair and just playing field, these amazing, wave-riding warriors provide an inspirational and aspirational cast of powerful role models for women (and men) across all backgrounds and generations. Over the past two-hundred years, and especially the past five decades, the surfing lifestyle have become the envy of people around the world. The perception of sun, sand, surf, strong young women and their inimitable style, has created a booming lifestyle and sports industry—and the sport that is set to make it's Olympic exhibition debut in Tokyo 2021. A massive shift from when colonizers tried to extinguish all traces of Native Hawaiian surfing and its sacred culture. What is it about the surfing that intrigues people of all ages, from all corners of the world? The beaches and idyllic locations? The unique style and mystique that surfers project? These women, on the beach and riding giant waves, or in the media, have made their mark on not just their sport, but our wider culture. Women on Waves is filled with phenomenal athletic performance, breakthrough female achievements, and plenty of inspiration and fun to see us through until the time when we can all hit the surf once more! Spanning a millennia, From Hawaii to Malibu, New York to Australia, South Africa to the South Pacific and beyond, Jim Kempton presents a fascinating new narrative that will captivate anyone who loves sports and the outdoors.

Occupational Outlook Handbook - United States. Bureau of Labor Statistics 1976

Fuel Up - 2018-04-15

Best known for riding the biggest waves the world over, in his first-ever cookbook, surf icon Laird Hamilton opens his kitchen and shares his healthy and exotic recipes garnered from a lifetime of far-out travels. From the Wild Coast of South Africa to the Gold Coast of Australia, Laird's novel take on food and life is synthesized in a cookbook unlike any other that invites readers to master both themselves and the world, through the art of fueling up!

Surfing Illustrated - John Robison 2010-04-16

Expert instruction you need to take your skills from kook to boss Author John Robison uses hundreds of pictures-- comical, cartoon-like drawings-- to clearly illustrate every aspect of surfing: wave dynamics, riding techniques, etiquette, logistics, and more. This entertaining, easy-to-understand visual presentation makes it easy for you to pick up his techniques and use them on the waves. Robison covers every aspect of the sport, from paddling out through the surf zone and catching and riding that first wave to nose riding, acrobatics, shortboard riding, and to equipment repairs.

Sarah and the Big Wave - Bonnie Tsui 2021-05-11

This stunning nonfiction picture book tells the inspiring story of Sarah Gerhardt, one of the first female big-wave surfers. Have you ever seen a big wave? One that's twenty, thirty, forty, even fifty feet tall? Here's a better question: Would you ever surf a big wave? Sarah Gerhardt

did—and this is her story. Sarah and the Big Wave, a tale of perseverance and indomitable spirit, is about the first woman to ride the waves at Mavericks, one of the biggest and most dangerous surf breaks in the world.

AFROSURF - Mami Wata 2021-06-15

Discover the untold story of African surf culture in this glorious and colorful collection of profiles, essays, photographs, and illustrations. AFROSURF is the first book to capture and celebrate the surfing culture of Africa. This unprecedented collection is compiled by Mami Wata, a Cape Town surf company that fiercely believes in the power of African surf. Mami Wata brings together its co-founder Selema Masekela and some of Africa's finest photographers, thinkers, writers, and surfers to explore the unique culture of eighteen coastal countries, from Morocco to Somalia, Mozambique, South Africa, and beyond. Packed with over fifty essays, AFROSURF features surfer and skater profiles, thought pieces, poems, photos, illustrations, ephemera, recipes, and a mini comic, all wrapped in an astounding design that captures the diversity and character of Africa. A creative force of good in their continent, Mami Wata sources and manufactures all their wares in Africa and works with communities to strengthen local economies through surf tourism. With this mission in mind, Mami Wata is donating 100% of their proceeds to support two African surf therapy organizations, Waves for Change and Surfers Not Street Children.