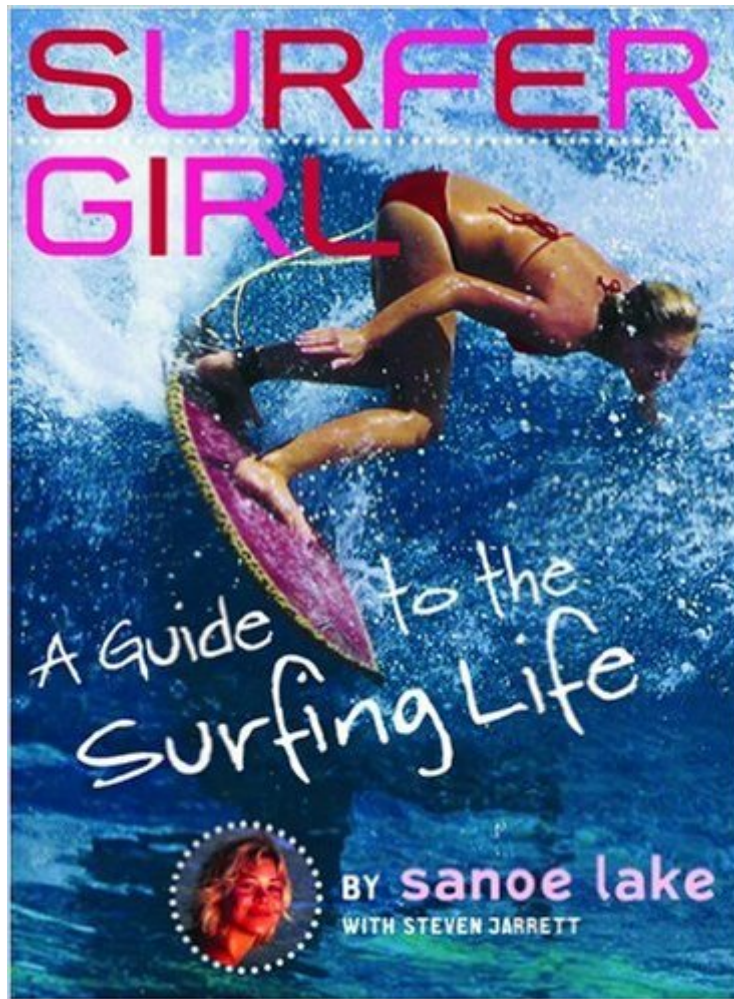


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# Surfer Girl: A Guide To The Surfing Life



## Synopsis

Surfing is back and bigger than ever, with girls now hitting the waves in unprecedented numbers. Girls who just wanna be cool know that surfing is the way to do it-while having fun and getting into great shape at the same time. But becoming a surfer isn't just figuring out how to stand up on a board; it's how to walk the walk and talk the talk, how not to flop out of your top, and knowing how to deal with one of the biggest hazards of the sea-boys in the water. It's also about learning patience, discipline, focus, and perseverance. Jam-packed with full-color photos, dynamic graphics, comics, and instructional art, surfer girl Sanoe Lake's comprehensive guide not only teaches style, skills, and safety-it empowers readers with all of the sassy wit and attitude that made Sanoe a favorite character in the cult flick *Blue Crush*.

## Book Information

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## Customer Reviews

Incredible, beautiful book! Sanoe proves that she's not just a great surfer and actress, she knows how to put a book together. I have been surfing for 3 years and I wish Sanoe had put his out when I started. I heard about the book on a KROQ radio ad in L.A. announcing her booksigning, but I couldn't make it, so I went to the store to check it out. I found 4 other girl's surfing guides! - they must have all just come out because I've never seen them. I sat down and plowed through all of them, and I'll keep this short and try and save people time and money if they are just going to buy one of these books, here is why Sanoe's is much better (but you'll see for yourself if you compare):

1. It's extremely well written, funny, and it's entertaining -- there's a continuous flow of interesting material, along with comics, photos, charts, and sweet graphics. My friends who don't surf checked

it out and now they are starting to get the vibe of why the sport is so great. That's how this book is so great - it communicates the vibe of surfing. Bottom line: Sanoe's book is better written. 2. Sanoe's "How To" part -about a third of the book - is very easy to follow, she takes the reader through it step by step, with tons of tight illustrations. I swear to God one of the other girl's guides has stick-figure drawings. Gimme a break 2. Sanoe's book is in color - the other books are black and white or have just one color. Color crushes black and white. 3. Best I can tell, Sanoe is the only professional surfer of all the authors. As such, you bet your butt she knows what she is talking about when it comes to surfing. 4. Sanoe has also been a model, so her fashion sections are great - she gives hints on all kinds of surfwear and beauty hints also. 5. The book is just really well-organized - going through the history of surfing, the herstory, the fashion, the dangers and how to proceed safely, sun and skin safety, all really interesting and helpful - I seriously could have avoided a few painful moments had I read through this before I learned. 6. Sanoe goes into the empowering aspects for girls and women - this is great material... i was thinking some of this when I was learning. You really do build your courage, discipline and confidence when you learn to surf. You basically have to as you get better. 7. Overall, Sanoe's tone is light and fun, and she has a huge glossary of all the surf terms... in case you want to get into the lingo of the sport. Seriously, a color book at his price...you absolutely will be thrilled with your value here. I bought 6 for gifts -- taking out a nice chunk of my xmas shopping. I would say that you definitely don't even need to be a future surfer to enjoy this book. The book is so full of interesting things about the ocean and it's so motivating in general. When are her new movies coming out? Cheers and aloha.

A much deserved winner of the "Outstanding Informational Book for Teens" from the Children's Literature Council of Southern California, this is a book I highly recommend. Something you should know about me first. I'm terrified of the ocean. I'm a flatlander through and through, born and bred in the breadbasket. I grew up seeing amber waves of grain, not the blue waves of the sea. And yet, from the first moment I picked up Surfer Girl by Sanoe Lake and Steven Jarrett, I was hooked. Let's start with the format of the book itself. It's full of graphics. There are super little comics, some short, some long, on almost every page. There are photos and pictures and diagrams. There are black and white pics from the past and crisp new pics from today. But it's not just about pictures. The text is written in a mix of styles that make the book accessibly informative. There are parts of the book that are in-your-face straight talk. And then there are parts when you feel like you are sitting down around a fire on the beach, having a late night chat with one of the great stars of women's surfing. I'm a history buff and it's incredible how this seemingly short book is so full of history. There

is a mini-lesson in the history of surfing that is jam-packed full of great and interesting bits and stories of the past about Polynesian surfers: why they surfed, why they stopped, and why they started up again. It's one of those fascinating and fantastic stories that mix religion, culture, romance and the society behind the surfboard. And just when you think you're done learning the history of surfing, Lake & Jarrett add an incredible "her-story" of surfing, featuring some of the most famous honeys of the sport from the 1930's to today. As a guy, I enjoyed the book, but it is primarily a book for girls. Females will find plenty of great info here. Lake & Jarrett detail how to purchase the right bikini - and then how to stay in said bikini once you are out riding the waves. There is practical information on womanhood and surfing, waxing and other stuff that girls need to know before they enter the water. Face, hair and body care too -- how the sun insults a girl's skin and how the ocean beats the heck out a girl's hair. Then there's the science aspects of surfing. You don't have to be a math whiz or a brainiac oceanographer to figure out that surfing is part science. Lake & Jarrett explain why there are waves in the first place, where they come from, and how to estimate the height of a wave using math. Of course, for me at least, no manual on surfing would be complete without a detailed list of the hazards of the sea. SHARKS! JELLYFISH! STINGRAYS!! YUCKY BACTERIA!!! WATER POLLUTION!!! AND last but not least DIM WITTED NEANDERTHAL-ESQUE GUYS!!!! For a girl surfer, a hazard greater than all the previous hazards put together. Last but certainly not least, Lake & Jarrett teach you how to surf. From how to select the perfect surfboard (including more detailed information on the ins and outs ups and downs of boards and their care), how to prepare yourself mentally and physically, and finally what to do when you finally catch that very first perfect wave. Ocean-phobe that I am, I finished Surfer Girl with a bit of interest in finding my inner surfer, from the history and culture to the psychologically challenging yet soothing sport itself. Lake & Jarrett show that surfing is more than just a sport. It's a way of life. But their book is certainly provides a much needed key to the door into that life. It's full of humor, great information, terrific writing, incredible graphics, and awesome art. Quite simply this book is a top notch nonfiction book for teens.

This is a MUST BUY for all the females in your life, especially those that love the ocean. A fun read with lots of ingenuity--found it to be so charming, cute, fresh, inspiring, and informative. Just the kind of book you want your girls to read--trust me, they'll love it--makes great gifts too. Not only young girls will enjoy reading it--adults will too, believe me!

I enjoyed reading Sanoe's book on the surf life, though I had hoped for more instruction on surfing

itself. The voice of her book is more geared toward the younger set, and includes some facts, but not enough to get you past the beginner's stage. I'd recommend this to teen girls who are interested in surfing in a more recreational sense, but this book is not for adults who wish to dig in to detail.

I am an aspiring surfer girl, and this book really covered all of my questions, concerns, and it put the details out there in the most fun way! I am 19 now and I still hold this book very dear- it is obviously packaged with young teens in mind, but I am not embarrassed to have it. Dead useful, very cute, very funny, and there are illustrations EVERYWHERE. It is a totally fun reference text for surfer girls. And it really does span the entire world of surfing- safety, fashion, history, culture, how-to, and much much much more. Also, Sanoe Lake is one of my idols- just the way she put the book together makes you feel like you can conquer the world. Definitely buy it- even if it's not advanced enough for you, it will definitely entertain you!

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