



Surf's Up: The girl's guide to surfing

Louise Southerden

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... an inspiring book, not only for young girls but for any woman with an itch to hang ten' *Australian Book Review*

'An absolute bible for beginners, the next best thing to a private coach' *Realsurf.com*

All over the world, girls are grabbing their boards and hitting the surf. No longer content to watch from the beach, they're getting out there and mixing it up with the boys in ever-increasing numbers. If you're keen to join in the fun, carve graceful lines across the face of a wave and experience the exhilaration of surfing, read on.

The world's first-ever surfing guide for girls, *Surf's Up* has now been fully revised and updated, taking you through all the practicalities of learning to surf -- from getting over your fear of sharks to buying your first surfboard, finding the right waves, paddling out and standing up. There's advice about looking after yourself while you're having fun in the sea, how to find friends to surf with and surfing etiquette, as well as an inspirational look at the history of women's surfing, plus loads of tips to take your surfing to the next level. This edition also includes new sections on yoga for surfers, stand-up paddleboarding, combining surfing and motherhood, and being a sustainable surfer.

But *Surf's Up* is more than just a how-to guide. Louise Southerden brings her love of surfing to every page, offering insights into the fascinating world of surfing sub-culture and a welcoming hand to every wannabe wahine.

Encouraging and empowering, *Surf's Up* is a book no surfer girl should be without.

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