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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

Grade 8-10 -This easy-to-read, how-to manual has sections on surfing culture, history, and just about everything else related to the sport. The authors introduce the lingo and explain surfboard dos and don'ts, ways to keep surfwear from getting damaged, and more. The emphasis is on having fun and staying safe, and "insider" secrets draw readers in. The pages are filled with color photos; black-and-white graphics illustrate moves. This title is mainly an introduction to the sport but experienced teens may enjoy the advice and the incidental articles on surfing movies and music.-Karen Hoth, Marathon Middle/High School, FL Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Gr. 8-11. With the help of writer and surfer Jarrett, Lake, a lifelong Hawaiian surfer who appeared in the film *Blue Crush*, offers a comprehensive guide to riding the waves. Along with thoughtful chapters on equipment, basic safety and techniques, and helpful mental and physical training, Lake dishes advice specifically for girls: choosing surf wear that will "keep you all strapped in," fielding unwanted attention from male surfers, and surfing during menstruation. Lake's chatty, irreverent voice seems straight out of a teen magazine, and the busy, colorful spreads echo the bouncy, best-friend tone with comic-strip panels, charts, checklists, and numerous photos of Lake and her friends. Aspiring and armchair surfer girls will enjoy the wealth of practical advice as well as Lake's earnest passages about surfing's addictive gifts: "There aren't too many other sports that allow such simultaneous beauty, grace, and power. I think this is why [it] appeals to girls so much." A glossary and a list of resources close. Also suggest Louise Southerden's excellent *Surf's Up* (2004), published for adults. Gillian Engberg Copyright © American Library Association. All rights reserved

I surfed years ago; I bought this book for my granddaughter. I'll give it to her - sooner or later!! Right now, I'm having fun reading it. Seriously, it's a good book for girls and I think it's a good confidence booster. It's exuberant, fun, and a joy to read.

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!

Book came in perfect condition, great book for the beginner surfer girl to read and learn some tips from.

Surfer Girl is a book written by pro surfer/model/actress Sanoe Lake. In this book, Sanoe teaches girls and young women all about surfing, from choosing a better surfboard, to picking out a nice bikini to wear, Sanoe shows how to do it the right way. Also, this book features a behind-the-scenes

look of the film Blue Crush where Sanoe co-stars. Surfer Girl is a great read and a best how-to manual for girls who want to enter the world of surfing.

Daughter loved it...

This book is meant for teenagers, but it's full of detailed information for adults, too. It includes tips for everything surf related, such as how to carry your board on shore, and how to change behind a towel. The layout and frequent comic strips are super-cute.

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.

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.

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