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The Surfing Handbook: Mastering the Waves for Beginning and Amateur Surfers

Ben Marcus

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Whether you're a beginner trying to get started or an experienced surfer looking to take it to the next level, *The Surfing Handbook* gives you the tips you need to maximize your performance on the water, with guidance on training and conditioning, technique and style, safety and etiquette, and gear. Written by veteran pro surfing journalist Ben Marcus, this guide is illustrated with instructional photos and drawings, providing step-by-step instructions, background history—as well as stories and tips from legendary surfers and teachers—making this an informative and entertaining guide that will help you to master the waves.

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