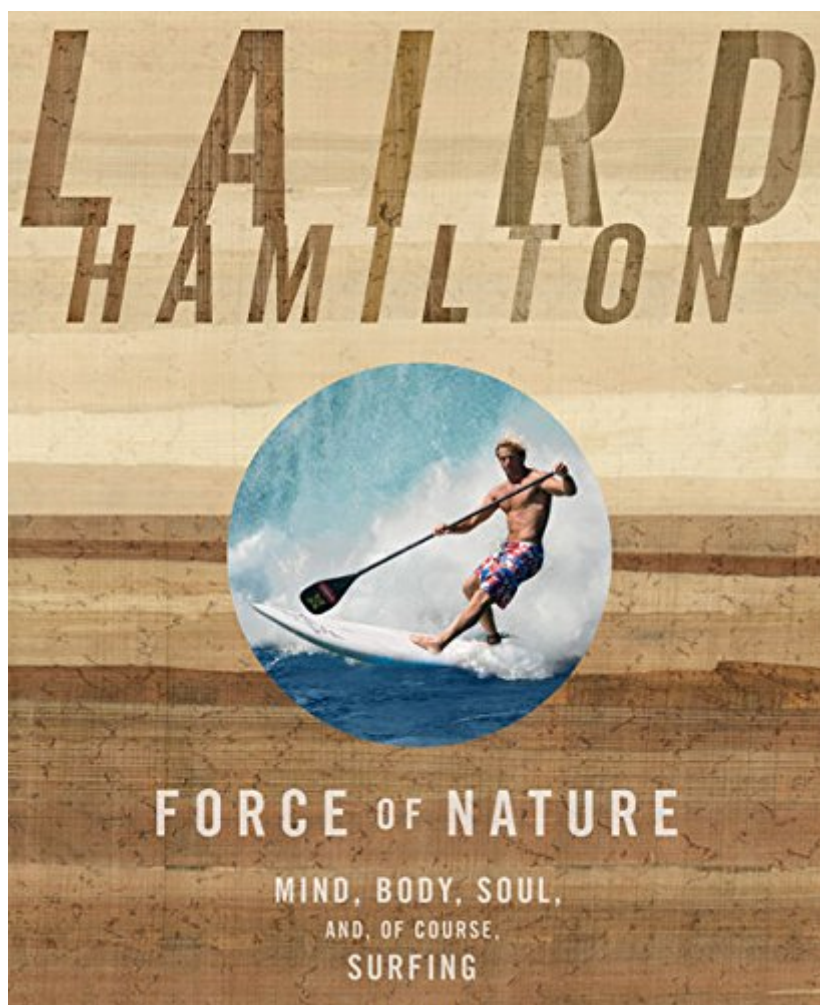


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# Force Of Nature: Mind, Body, Soul (And, Of Course, Surfing)



## Synopsis

Laird Hamilton has been hailed as the world's greatest big-wave surfer. His first book, *Force of Nature*, allows readers a rare glimpse inside the unique philosophy that has created his circumstances, and not the other way around. After all, this is a man whose biological father abandoned him shortly after he was born; whose first job was working on a pig farm; who dropped out of school in eleventh grade. And then the career decision: surfer. Though earning enough to pay the rent as any kind of surfer is next to impossible, Hamilton has ended up in the place we all desire to be: doing exactly what he loves, becoming the world's best in the process, making a great living, being surrounded by nature and family, radiating peak health and fitness, and succeeding by any definition of the word. How did he get there? And more importantly, how can the rest of us join him? *Force of Nature* is a detailed map to that destination, with Laird Hamilton as the reader's guide. It's not about chasing trophies or accolades or cash. It's about quality over quantity soul and being true to your physical, mental, and spiritual roots. Not only is it possible to thrive in the modern world without adopting its harmful habits, it's essential. And not only has Hamilton mastered this balance, he makes a compelling and articulate case that anyone who wants to can do the same. This book is a deeply authoritative and cutting-edge guide to peak fitness in mind, body, soul, and surfing. It comes directly from the source and his inner circle, which includes those at the vanguard of sports, training, nutrition, and more. Former pro volleyball player Gabrielle Reece; surf legend Dave Kalama; fitness gurus Paul Chek, T.R. Goodman, and Don Wildman; and Food Network star Giada De Laurentiis all contribute their knowledge. Readers will get an all-access pass into an elite world filled with definitive and provocative ideas.

## Book Information

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## Customer Reviews

I have had Laird's book for almost two years now, and I constantly carry it with me in my backpack and take it out to read when I am unmotivated or need a mental charge up. It is one of the best books I've come across in terms of motivation and aspiring to live a positive active healthy life. Laird gives immensely wise information and tips regards diet, supplements, exercises and aiming for a healthy positive attitude, something that sorely missing from the majority of people in this day and age. Topics such as Dealing with fear & negativity, Being the best and striving for excellence, and elite-level athletic tips on training and recovery. Laird gives a list of great natural food ideas with the philosophy of "if I can't pronounce it or don't know what it is, it's not going into my body". I would highly, highly recommend this book for all young people trying to build character and better themselves. Easily one of my favorite non-fiction books along with *Wooden: A Lifetime of Observations and Reflections On and Off the Court* & *Epictetus, The Art of Living: The Classic Manual on Virtue, Happiness, and Effectiveness*.

A friend recommended this book to me, and I'm ever so grateful that he did. This book is packed full of amazing gems and wisdom, and I just couldn't put it down! It is truly food for the mind, body and soul. What stood out initially, in the very beginning, is a quote by Mark Twain: "Twenty years from now you will be more disappointed by the things you didn't do than by the ones that you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." After reading this book, I realized that this whole book can be summed up by Mark Twain's quote, and Laird is a living example of that philosophy. The book is divided into four sections: Mind, Body, Soul & Surfing. Whether you are an athlete seeking to improve your performance in your particular sport, an average person interested in improving your health or someone on a spiritual and soul-searching path, this book has it all!!

Laird Hamilton has the best attitude about life. You don't have to be a surfer to read his book. I, personally, can't see any way that I can be as satisfied with life as he is and as he wants 'us' to be. I envy him & his family. I bought the book for my brother who adopted his boys after age 50 because "life was too simple". He is now a single dad of a 17 & 14 year old. He is 7 years older than me and is raising them as I grew up. We would be on a hike with our family and they would just leave me, knowing, back in the 60s that I was fine and the trails had a lot more solitude for miles than they do now. I would complain that my pack (which was supposed to be my weight, always) was too heavy or I was too tired or the mosquitos were eating me alive. They would say okay and off they'd go. I would play on the trail & find my elf friends (yes) in the tree roots for awhile, then catch up with them eventually. Usually they were at the destination already and having a picnic which was a great reward. All this to attempt to say that I feel Laird Hamilton is bringing up his family with a keen independence and appreciation for life. He says we should all scare ourselves at least once a day (to live to our fullest). Wow, I so agree, and am not there yet, but still appreciate the goal.

Beyond being a great surfer, Laird Hamilton writes an information packed, informative, uplifting read! I would recommend this to anyone interested in surfing or even just a healthy mental and physical lifestyle. I also really admire his appreciation of his wife and family. It's very nice to see!

I'm a fan of Hamilton's old school waterman ethics and commitment to surfing. Book is high quality, personable writing tone, insightful and worthy of your consideration, in or out of the water.

Really enjoyed reading this. Goes way beyond surfing with lots of useful advice. Definitely check it out. Also great pictures

In my personal opinion, it's a book full of self promoting cliches due to Laird's big ego : Me Me Me Me (with Laird's pictures everywhere, etc etc) . Didn't like it. Having read other surfing books of various topics: Kelly Slater's , Gerry Lopez "Surf is where you find it" (Amazing), Eddie would go (amazing), MAtt Warshaw's History of Surfing and "Secrets Of Power Surfing" this book is waaaay down the line in my ranking.(sorry for my bad english)

Good to read an insiders view of all the water related sports,his personal experiences in the ocean,and views.It was quite obvious Lard is loaded,but he is so down to earth and humble.Being a surfer I did not know what to think of the stand up pattle boards,now I cannot wait to try one.Laird

has cast iron balls, just pull up his exploits on you-tube

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