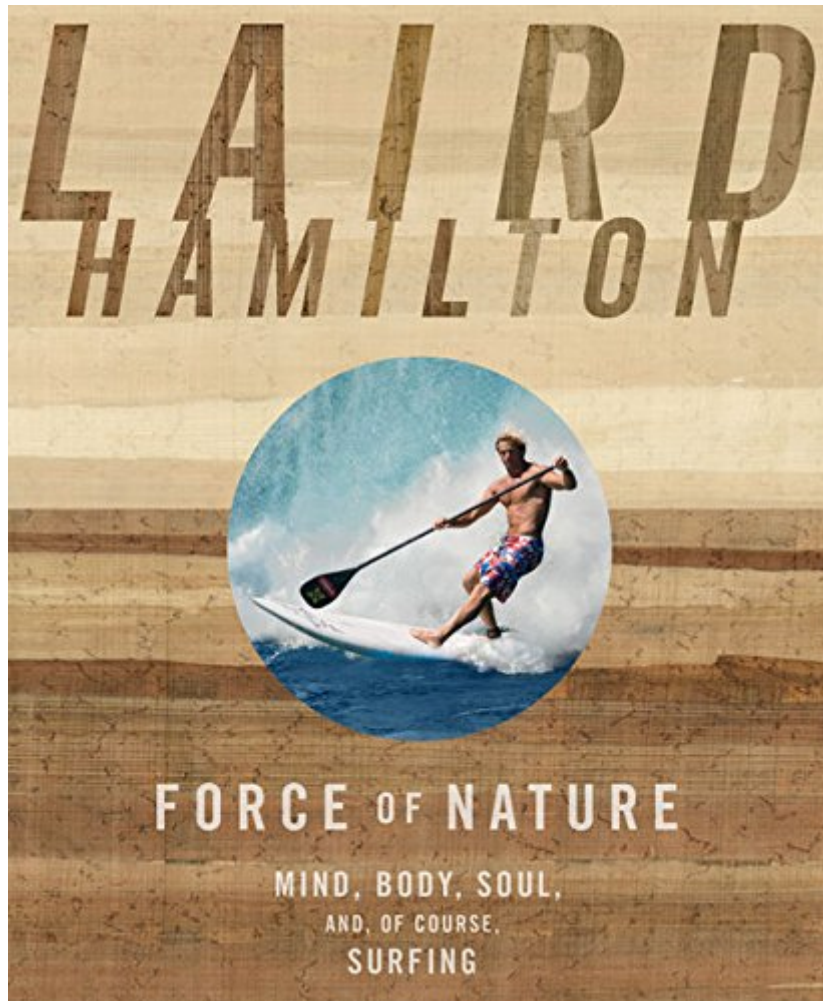


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# Force Of Nature: A Mind, Body, Soul (And, Of Course, Surfing)



## 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

The first time I scanned through this book in the bookstore I saw a bunch of exercise routines and yoga poses and I passed on it because I'm not a gym guy. However, I was at the bookstore again and had some time to kill so I took a second look. I read the first few pages and I was drawn in to his words. I recommend you read the Intro the next time you're in the bookstore to see if it's something you'd be remotely interested in. I don't know, he just seemed to have a lot in common with the way I think and that's what piqued my curiosity. I really think to enjoy this book you need to have tried to learn something foreign in your life and really embraced it, not giving up no matter how hard it was. I think too many people take the "safe way" out in life and watch from the distance and comment on it. To those people, this book might be mildly interesting. But Laird is no ordinary guy. He's done some insane things (if you don't believe it, just flip to the page that details all of his injuries). And although the book is an easy read, anyone who has faced similar (I use that term loosely) fears, challenges, or obstacles just gets it. You see how right on he is with his words. When you get to step inside the mind of a man who has pushed the boundaries of what is humanly possible and in turn created new ways to look at it, you get a rare glimpse that few people have ever experienced. What's funny is this book is mass published and can be purchased by anyone but I truly believe he poured his heart into this book and that's why I find this book so special. My wife and I joke that he is a "life coach" just because he seems to cover so many topics and has something interesting to say about each. I just think his book is fun.

Those of us who know of Laird Hamilton know that he has succeeded and done very well in the world of surfing and stretching the boundaries of that sport to a level previously thought impossible. Surfing is not one of those sports where you sign a multi-million dollar contract and then get the adulation of millions of fans. Instead, it is a sport where you become who you determine you will become through hard work, dedication and diligent effort, usually without great financial rewards - true commitment and love of the sport. Laird's book is not great literature, but it something much

more - it is a reassurance that all those basic things we learned as we learned how to get good at stuff, we need to continue doing to remain good at stuff and get good at new stuff. Laird's book is simply all about commitment, focus, attitude and doing what it takes to achieve exactly what it is that YOU want to achieve. It is also an very pleasurable and motivating read. Having spent over 20 years as a corporate executive, finally at the CEO level, I stepped back (some might say dropped out) and took a look at what is important to ME. Laird's book validates doing that and gaining focus on my interest and desires as well as pushing to achieve those goals I had put off for years. Goals like learning how to ride the Pipeline, getting back in the middle of an old-boys scrum and racing crits once again are things that I must do NOW in order to not get down the road and wish, with regret, that I'd done them after achieving my business goals. In other words, this book validates my decision to take my life back, get out of the office, give up the power, breathe the air and live again.

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