



# Surfer's Start-Up: A Beginner's Guide to Surfing (Start-Up Sports series)

*Doug Werner*

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Recommended by the United States Surfing Federation as a book that every beginning surfer should read, this instructional guide details the basics of surfing gear, conditions, safety, etiquette, and history. Written by someone who went through the learning process, topics are covered with just enough detail to get the reader riding the waves quickly and safely. It teaches the beginner surfer the fundamentals of the sport; what to expect in the first days of learning; and how to cope with waves, learning frustrations, and crowds. This edition has been updated with the latest information on equipment, technique, and resources.

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