



Surfing and Spirituality

Leslie Kerby

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Surfing and Spirituality Leslie Kerby

An in-depth look at surfing as a form of spirituality and way of life. Real surfing, real stories, real spirituality. Reviews: "Drawing on philosophy, religion, science, literature, and her own experience, Leslie Kerby deftly reveals why so many of us find solace and peace in the sea. I loved this book." Jaimal Yogis, author of *Saltwater Buddha* and *The Fear Project* *Surfing And Spirituality* is the only book I've ever read to capture the true essence of why we are drawn to the ocean and surfing. If you surf or just love the ocean you just "get it." Where "it" is the nearly indescribable sensation of infinite connection and presence we feel when riding a wave. Leslie has finally put a voice to this spiritual calling we have to the waves. She proves without a doubt we who ride the waves do so for much more than fun. We do it to experience a spiritual connection that can't be found in any church or religious practice. Incredibly well researched and written in a decidedly academic but friendly and relatable voice. I highly recommend *Surfing And Spirituality* to anyone who loves the ocean or feels that omnipresent drive to reconnect with who we really are. – Ryan Camana

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