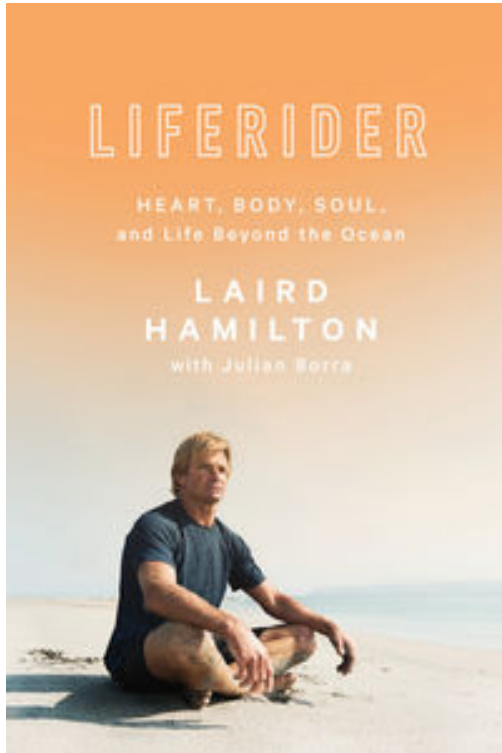


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Download PDF Online Book Liferider Laird Hamilton & Julian Borra Free eBook PDF/ePub/Mobi, International fitness icon, nutrition expert, and professional big-wave surfer, Laird Hamilton, offers his take on human resilience, relationships, business, technology, risk-taking, and the importance of respecting the natural world, all through the lens of his life both in and beyond the ocean. This inspirational book is perfect for anyone looking to elevate their ordinary, landlocked life to do extraordinary things.

While the world increasingly seeks happiness in fads and self-help books—millions of us reaching upward every day toward some enlightened being that we wish to be—surfing icon Laird Hamilton is more intent on looking inward and appreciating the brilliant creature we already are. In LIFERIDER, Laird uses five key pillars - Death & Fear, Heart, Body, Soul, and Everything is Connected - to illustrate his unique worldview and life practices, offering inspiration to anyone who wants to elevate their ordinary, landlocked life to do extraordinary things.

This is Laird Hamilton in his own words—raw, honest, and unvarnished--on topics he has rarely explored before. Based on extensive interviews and conversations between Laird and his cowriter, Julian Borra, with additional insights from Laird's wife, pro-volleyball player Gabby Reece, LIFERIDER takes on human resilience, relationships, business, technology, risk-taking, and the importance of respecting the natural world, all through the lens of Laird's extraordinary life both in and beyond the ocean.

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