



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

*Laird Hamilton*

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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.

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