



# Mindfulness and Surfing: Reflections for Saltwater Soul

*Sam Bleakley*

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## **Mindfulness and Surfing: Reflections for Saltwater Soul** Sam Bleakley

Mindfulness and Surfing casts a fresh perspective on this popular extreme sport, and explores how riding the waves can be the ultimate meditation.

Engaging author Sam Bleakley takes us off on his longboard with a soulful journey across the tideline of his personal and philosophical travels. Through lunar cycles and river surfing to the Taoism of nature, he reveals an acute awareness of what the oceans can tell us about our place in the natural world.

Meditating on one of nature's greatest elements—its salty swells, flows and peaks—he shares life lessons in mindfulness that surfer and non-surfer alike will relish.

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