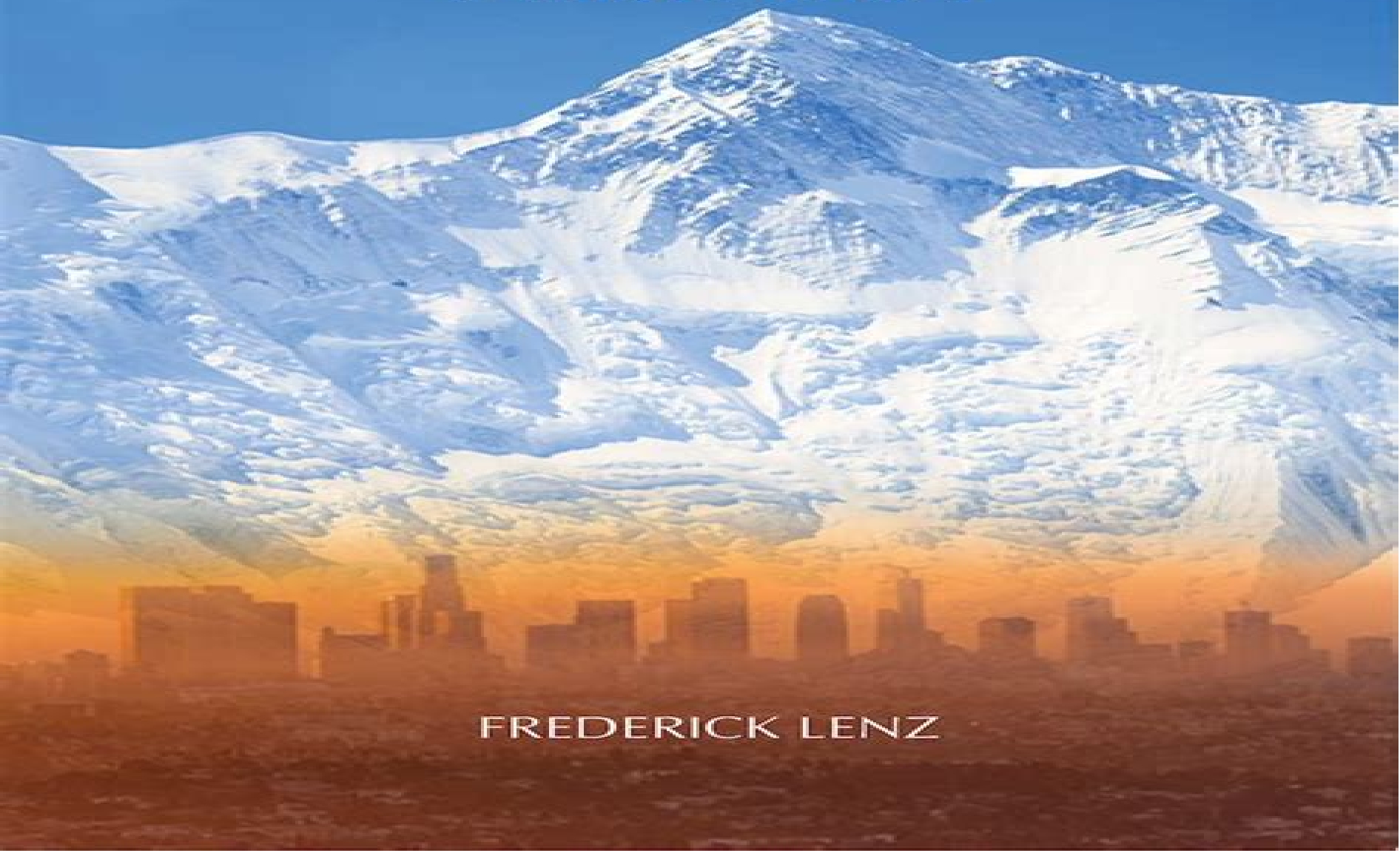


SNOWBOARDING TO NIRVANA



FREDERICK LENZ

Snowboarding To Nirvana

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Snowboarding Holly Thorpe, 2012-01-06 This book provides a comprehensive look at the snowboarding phenomenon including its history techniques and equipment biographies of the sport s pioneers athletes and heroes key sites and events and future directions While snowboarding didn t become a commercial success until the early 1980s the roots of the modern snowboard go back to at least 1964 when Sherman Poppen invented the Snurfer by bolting two skis together and adding a rope for stability Today snowboarding is one of the most prominent and appealing youth sports Want proof Professional snowboarder and two time Olympic gold medalist Shaun White was the highest paid athlete entering the 2010 Winter Olympics with an estimated annual salary of 10 million The book is a highly accessible and extensive overview of snowboarding providing an introduction to the sport and lifestyle of snowboarding a historical timeline of the rapid growth of snowboarding techniques and equipment used and a discussion of key places and events such as Alaska Winter X Games and the Winter Olympics [Surfing through Hyperspace](#) Clifford A. Pickover, 2001-05-17 Do a little armchair time travel rub elbows with a four dimensional intelligent life form or stretch your mind to the furthest corner of an uncharted universe With this astonishing guidebook *Surfing Through Hyperspace* you need not be a mathematician or an astrophysicist to explore the

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snowboard seeking to snow surf the highest mountains he could find On his first downhill run he plowed into an aged Buddhist monk who told the incredulous teen their meeting was destiny that his past life enlightenment would return and he would help millions of people Upon his return to the U S he earned his Ph D began to teach on his own and implemented new American ways of placing Westerners on the path to enlightenment beginning with higher and happier states of mind As his own realization grew the energy he emanated was like a huge benevolent force This true biography includes interviews and one on one stories from over 100 students and colleagues each with a different perspective Rama did not just speak about enlightenment he modeled it Compassionate controversial wise prescient reverent irreverent he is your Zen koan

No-Fall Snowboarding Danny Martin, 2007-11-01 Gain Without Pain Learning to snowboard can be easy and painless with the right instruction In this groundbreaking book Danny Martin the most sought after snowboarding instructor today teaches you how to snowboard in just three days and without falling While the American Association of Snowboard Instructors tells its members Your students will fall Danny Martin shows you that there can be gain without pain he has single handedly revolutionized the way the sport is taught and in No Fall Snowboarding he reveals his techniques Firmly grounded in physical fitness and martial arts and designed so everyone beginners skiers even seasoned snowboarders can practice at home No Fall Snowboarding will teach you how to Learn proper snowboarding techniques long before hitting the mountain Create balance with easy specific body movements Find the perfect board gear places to board Get over bad habits Avoid typical twisting motions guaranteed to cause falling Filled with dozens of stunning photographs by renowned photographer Mark Seliger No Fall Snowboarding is the go to guide for people of all ages and skill levels who want to learn America s fastest growing sport

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