

[Mobile book] The Surf Girl Journal: Dream. Plan. Explore.

## The Surf Girl Journal: Dream. Plan. Explore.

*Louise Searle*

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**Louise Searle : The Surf Girl Journal: Dream. Plan. Explore.** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Surf Girl Journal: Dream. Plan. Explore.:

The Surf Girl Journal is aimed at girls who love the ocean and coastal living. It's an inspiring and creative journal which will motivate surf girls to spark new ideas, plan surf trips and record saltwater adventures. This journal has motivational quotes, ocean inspired colouring pages, a world map of the best surf spots, a wave journal and fitness planner, 2017/18 year calendar, pages for drawing and sticking photos in and it's handbag size so it fits in your bag

easily. It encourages mindfulness, so take time to be creative and tell your story.

About the Author Louise Searle is editor of SurfGirl Magazine, the internationally acclaimed women's surfing title. She lives in the surfing capital of the UK, Newquay. Lee Stanbury is a highly experienced personal trainer, surf and swimming coach based in southwest England. He is the author of The Complete Guide to Surf Fitness, the best-selling surf fitness manual.