

Lifeguard Ken Tells All

Enjoy the
Surf. Safely.

Ken Cassie

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Lifeguard Ken Tells All: Enjoy the Surf. Safely.



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Perhaps you have ever struggled in the ocean? Things can quickly get scary in the surf, even under ideal conditions. Rip currents can emerge without warning and sweep unsuspecting bathers into deeper water. Recently, danger in the browse has increased. Larger amounts of people right now bathe before and after lifeguard hours, along with before and after the traditional beach time of year. second, effectively responding to danger; The necessity to understand surf dynamics is greater than ever. For twenty-six summers author Ken Cassie worked as a lifeguard on Atlantic Coast beaches, getting involved in 1000 rescues. Lifeguard Ken Tells All provides simple, effective strategies to visitors from the witty perspective of a seasoned sea lifeguard. Lifeguard Ken Tells All talks about three components of safer bathing: initial, focusing on how the ocean functions; Such changes have increased the probability of drowning. and third, coping with a reflex as dangerous as the ocean--our personal panic. Using anecdotes and drawing upon personal experiences, Ken takes you through the tumbling surf with wry humor. But you'll need your wits to survive "The Great Deceiver" when the relaxed, inviting water turns into a churning washtub--and you will be the laundry.



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All Beach Lovers should read this book! This is a terrific book--very informative but also entertainingly written--conversational, clear, and illustrated with delightful line drawings. I learned a good deal about beach security and gained a fresh respect for the dangers that can be found in an innocent-looking wave, even though you are on the shore. I plan to provide it to my shore going adult children. I believe that anyone likely to spend period at the shore come early july can purchase and read this essential book. Essential read for sea swimmers. Since I was raised with summer trips to the shore, I enjoyed this book. Also to keep up the interest, the writer includes a liberal sprinkling of personal experiences and anecdotes to substantiate his sights on water safety. And the reserve is more than a "safety manual; A must read for anyone who likes to swim in the sea. An enjoyable read by a genuine Jersey Shore waterman legend and philosopher. Written in a humorous way, but addresses important topics of sea safety.. Demystifies the sea for all degrees of swimmers. This is a very practical method of water safety. Great book. It taught me a whole lot about ocean ... Great book. It trained me a lot about ocean basic safety while keeping me involved with the author's anecdotes. Excellent book. This is an extremely practical approach to water safety. He provides saved at least 1,000 people from drowning and is still in the ocean practically everyday from Might until October - at over 80 years old! A must read for sea swimmers." it is full of tales and insights (and pithy opinions) that produce the book an enjoyable read - even though you never go close to the ocean.. I highly recommend buying Lifeguard Ken Tells All. . A publication by a genuine Jersey Shore waterman legend and philosopher. Anyone interested in swimming in the sea should read this reserve! I understand Ken Cassie and he's the real deal when it comes to sea swimming and safety. It had been true stories blended with life saving lessons. A great little book to read at the beach A great little book to read at the beach. And the practical information the author provides might just save your existence or that of a family member!



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