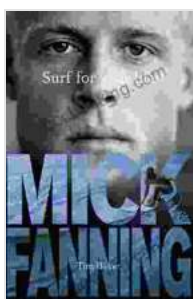


Surf For Your Life: A Journey of Healing and Triumph

Tim Baker's memoir, **Surf For Your Life**, is an inspiring and raw account of his journey of recovery from addiction and mental illness through the transformative power of surfing.

Baker grew up in a dysfunctional family and began drinking and using drugs at a young age. By his early 20s, he was a full-blown alcoholic and drug addict, and his life was spiraling out of control.

In 2004, Baker hit rock bottom. He was arrested for DUI and lost his job. He was also diagnosed with bipolar disorder. Baker knew that he needed to make a change, so he checked into rehab.



Surf For Your Life by Tim Baker

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1598 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 320 pages
Hardcover	: 318 pages
Item Weight	: 4.3 ounces
Dimensions	: 6 x 0.19 x 9 inches
Paperback	: 82 pages

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After rehab, Baker began surfing. At first, it was just a way to stay sober and get some exercise. But soon, he realized that surfing was more than just a hobby. It was a way to connect with nature, clear his mind, and find peace.

Surfing helped Baker to overcome his addiction and mental illness. It gave him a sense of purpose and belonging. It also taught him the importance of perseverance, resilience, and gratitude.

In **Surf For Your Life**, Baker shares his story with honesty and candor. He writes about the challenges he faced, the lessons he learned, and the hope that he found through surfing.

Baker's story is an inspiration to anyone who is struggling with addiction, mental illness, or any other obstacle in life. It is a testament to the power of the human spirit and the transformative power of nature.

Surf For Your Life is a must-read for anyone who is interested in addiction, mental illness, recovery, or surfing. It is a powerful and inspiring story that will leave you feeling hopeful and motivated.

Reviews

"Surf For Your Life is an inspiring and raw account of Tim Baker's journey of recovery from addiction and mental illness through the transformative power of surfing. Baker's story is a testament to the power of the human spirit and the transformative power of nature." - **Publishers Weekly**

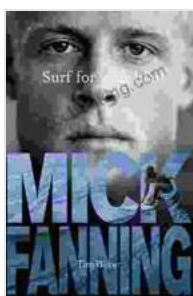
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inspiring story that will leave you feeling hopeful and motivated." -

Goodreads

About the Author

Tim Baker is a writer, speaker, and addiction recovery advocate. He is the author of the memoir **Surf For Your Life**. Baker is a graduate of the University of California, Berkeley, and the University of Southern California. He lives in San Diego, California, with his wife and two children.



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