



Taking the Drop: Life Is for Living, Whatever Your Age

Danielle DuBois Sheree Da Costa, Debbie James Jill Flitton

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Taking the Drop is the life-affirming story of four women who took up surfing in their forties, broke away from their existing daily routines and steered their lives into new directions. Their love of the ocean broadens their horizons, teaches them lessons of skill and survival, allows them time for reflection and shows them that change and loss make way for growth, renewal and peace. With an exciting and sometimes hilarious take on surfing, this book reveals insights into their life journeys and their passion for finding the 'perfect wave'. "Life is for living - let's go surfing!"



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