

Laird Hamilton Quotes

*Surfing, Needs, Adventure, Ocean, Training, Land, Inspirational, Work Out,
People, Men, Sports, Happens, Weight, Skills, California, Way, Want, Sweet,
Mistake, Independent*

Make sure your worst enemy doesn't live between your two ears.

~Laird Hamilton

The biggest sin in the world would be if I lost my love for the ocean.

~Laird Hamilton

Exercising underwater also creates tremendous benefits by challenging your body in ways you can't on dry land.

~Laird Hamilton

If you just get out of your own way... It is amazing what will come to you.

~Laird Hamilton

People always ask me when they see me working out, "What are you training for?" The answer is I'm training for life.

~Laird Hamilton

Surfing's one of the few sports that you look ahead to see what's behind.

~Laird Hamilton

Do not be afraid of death. Be afraid of the half-lived life!

~Laird Hamilton

I don't want to not live because of my fear of what could happen.

~Laird Hamilton

I know that if I scare myself once a day, I'm a better person.

~Laird Hamilton

Most men need their wives to need them, and I've seen that lead to their downfall

~Laird Hamilton

When you make a mistake, the ocean gives you an instant reminder. You get punished. If golf clubs could shock you every time you hit the ball wrong, we'd probably learn how to play golf pretty well.

~Laird Hamilton

We're all equal before a wave.

~Laird Hamilton

In all successful relationships, the man respects the woman - and it takes a special guy to handle a successful woman. You have to be confident in who you are and what you do.

~Laird Hamilton

All training does is get us back what we lost when we stopped having to hunt down our food. Our bodies are built for it already.

~Laird Hamilton

We are our own worst inhibitors

~Laird Hamilton

I do need to travel with a purpose, though. I can't go somewhere to just hang out with friends.

~Laird Hamilton

Life with three daughters can be nerve-wracking, but it's amazing to be loved by so many different women.

~Laird Hamilton

When I fly to Chile to surf or go snowboarding in Russia or some other adventure, I try to include the family when I can and go see friends along the way.

~Laird Hamilton

Wiping out is an underappreciated skill.

~Laird Hamilton

The amount of things you can do with a kettlebell is unsurpassed by any other training equipment - dumbbells, resistance machines, free weights.

~Laird Hamilton

There needs to be a reason to go, so you go deeper into whatever place you're visiting to find those unforgettable experiences.

~Laird Hamilton

Fortunately, I was given an incredible foundation from my independent mother. She showed me what was possible from a strong, loving woman.

~Laird Hamilton

Travel's the great educator, especially for the girls. You can't put a value on it.

~Laird Hamilton

In Hawaii, the environment is fabulous. In Malibu, the people are fabulous. Our family unity is tight, and we have the Pacific Ocean outside our door in both places, so there is consistency.

~Laird Hamilton

California has more distractions, more activities for the kids, more driving.

~Laird Hamilton

I need a big wave to really excel. The smaller stuff is a bit like...ballet for me.

~Laird Hamilton

I'm the dad, the cleanup guy. I deal with the bigger messes. But I also

provide more adventures and excitement. It works out.

~Laird Hamilton

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