



Sailor's Start-Up: A Beginner's Guide to Sailing (2nd Revised edition)

By Doug Werner

Tracks Publishing, U.S. Paperback. Book Condition: new. BRAND NEW, Sailor's Start-Up: A Beginner's Guide to Sailing (2nd Revised edition), Doug Werner, This beginner's sailing instructional guide covers both monohull and catamaran sailing with an emphasis on basic technique, safety, and fun. Skipping complicated sailing jargon that can stymie most novices, this book goes straight to the very basic questions, such as "How do I leave the dock?" and "Where are the brakes?." Technique and simple theory are illustrated in plain detail, including the basic physics behind sailing in all four directions.



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