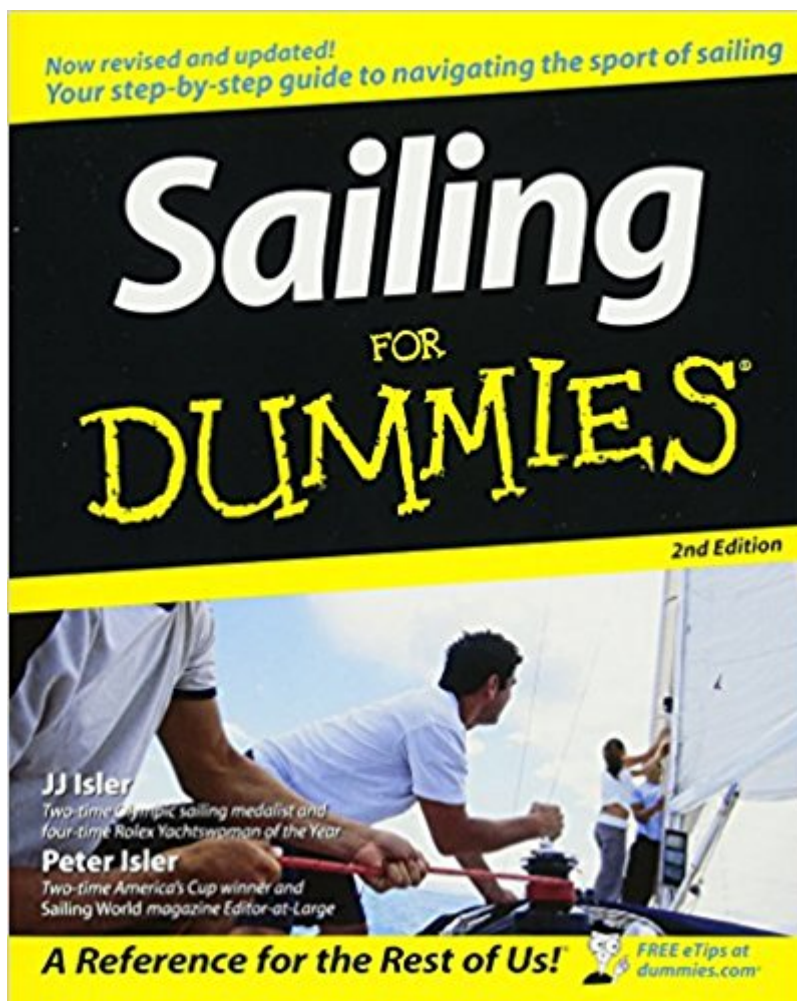




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# Sailing For Dummies



## Synopsis

Interested in learning to sail but feel like you're navigating in murky waters? *Sailing for Dummies, Second Edition* introduces the basics of sailing, looks at the different types of sailboats and their basic parts, and teaches you everything you need to know before you leave the dock. In *Sailing for Dummies, Second Edition*, two U.S. sailing champions show you how to: Find and choose a sailing school Use life jackets correctly Tie ten nautical knots Handle sailing emergencies (such as capsizing and rescuing a man overboard) Launch your boat from a trailer, ramp, or beach Get your boat from point A to point B (and back again) Predict and respond to water and wind conditions Read charts, plot your course, use a compass, and find your position at sea *Sailing for Dummies* shows you that getting out on the water is easier than you think. The authors keep the sailor-speak to a minimum where possible, but give you a grasp of the terminology you need to safely and effectively communicate with your crew. A textbook, user's manual, and reference all in one, this book takes the intimidation out of sailing and gives you the skills and confidence you need to get your feet wet and become the sailing pro you've always wanted to be. Anchors away!

## Book Information

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## Customer Reviews

Covers the latest advances in electronic navigation Get the know-how you need to sail safely and have fun Want to sail into the sunset but don't know port from starboard? Don't worry! Now updated with the latest on boats, gear, and racing, this hands-on guide helps you chart a course to sailing success, from getting familiar with nautical terms and seamanship basics to setting sail, navigating, anchoring, and docking • even riding out a storm. Get your feet wet at a sailing school

Launch a boat and maneuver under sail Navigate, anchor, and dock Charter a boat or enter races Choose and care for a boat Praise for Sailing For Dummies "Provides an interesting read, easy instruction, and a handy reference work." —Walter Cronkite "Peter and JJ's enthusiasm for the thrill and fun of sailing brings the comprehensive guide to life in every chapter. Whether you're a novice or several years into this fascinating sport, the Islers' knowledge and insight will speed you along your course to sailing mastery." —John Burnham, Editor of Cruising World magazine

JJ and Peter Isler have been sailing for most of their lives. JJ grew up around boats in San Diego, California, learning to sail in a little 7-foot dinghy called a Sabot. Peter started out loving powerboats and fishing (boys can be so strange!), but took up sailing after his family moved to Connecticut when he was 13 years old. The Islers are well known throughout the world of sailing as top competitors and teachers. They both have taught sailing to people of all ages and experiences. Peter played an important, early role in developing US Sailing's educational program. He also coached at the Olympic level and helped found the American Sailing Association, which accredits sailing schools and certifies sailors and instructors. Peter has twice won the America's Cup, serving as navigator aboard Stars & Stripes with Dennis Conner in 1987 and 1988. An accomplished small-boat sailor, Peter was Intercollegiate Sailor of the Year while at Yale University. He was the top-ranked U.S. sailor on the professional match-racing circuit for five years and has won many of the world's major ocean races, including the Bermuda Race and the Transpac (where he navigated Morning Glory to an elapsed time record in 2005). Peter has also been very active in the media. In the 1990s, he shifted his America's Cup energies to television, where he was a featured analyst in ESPN's Emmy Award-winning Cup coverage in 1992 and 1995. More recently, he covered sailing for the Outdoor Life Network (OLN), including its coverage of the 2003 America's Cup. He is the author of several books on the sport and is presently Editor at Large of Sailing World magazine. In his spare time, Peter enjoys playing guitar and keyboard with his band, The Water Brothers. JJ is the only American female (so far) to have won two Olympic medals in sailing, and she is the first female inductee in the Sailing World Hall of Fame. With crew member Pamela Healy, JJ won the Bronze Medal in the Women's 470 class in the 1992 Olympics in Barcelona, Spain. In the 2000 Olympics in Sydney, Australia, she and crew member Pease Glaser won the Silver. JJ is a four-time Rolex Yachtswoman of the Year (in 1986, 1991, 1997, and 2000) and has won three World Championships and numerous national titles. She was the first female to compete in a number of events on the international matchracing circuit. And in 1995 she was the tactician and starting

helmsman for the America's Women's America's Cup team. She graduated from Yale University where she was captain of the sailing team and a collegiate All-American.

Very well laid out points with drawn illustrations, easy to wrap your head around each subject.

great book easy to read and understand as I start my adventure learning to sail

Very good book for an introduction to the sport.

I love this book

Easy to follow, I'm a beginner and baffled by the terminology. This book helped a lot. Was a quick read because I could skip through what I already knew.

Very informative but a little too much personal input from writers that does give some lesson and knowledge but more wordy and harder to come back to.

It was after reading this and a couple other books that I decided to take the plunge for a weekend. After a weekend on a boat cramped up in the nose and the dampness in the morning in everything that I decided it wasn't for me. But the book was good!

I bought Sailing for Dummies because I was volunteering as a sailing instructor for a camp and while I had taken a course in sailing I wanted to be able to brush up right before the camp started. This book is very detailed and descriptive on each and every aspect of sailing. If you're looking for something easy and simple to start yourself off with this will help you, but not as much as actually putting your skills to the test. If you're looking to brush up on your techniques or terms this is great.

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