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## COACH YOURSELF TO WIN (PAPERBACK)



Fernhurst Books Limited, United Kingdom, 2015. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. This book covers the twelve fundamental aspects of successful sailing, and will help you to succeed on the water whether your aim is club, national, international (or even Olympic) level. With detailed analysis, challenging exercises and useful top tips throughout, everything is covered: from targets, goal setting and a winning mental attitude to boat handling, strategy and tactics (plus lots more). Handy diagrams...

## Read PDF Coach Yourself to Win (Paperback)

- Authored by Jon Emmett
- Released at 2015



Filesize: 9.39 MB

## Reviews

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