



Helming to Win (Sail to Win)

Nick Craig

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A breakthrough book on dinghy racing that will help you make the transition from weekend racer to world champion. Covering everything from where to look and getting 'in the groove' to mental approaches and championship sailing, you will be working your way up the leaderboard in no time. Packed full of intelligent insight, brilliant top tips and engaging photo sequences, if your goal is to win then this is the book for you!

Written by the 'Champion of Champions' Nick Craig – an amateur sailor – this book proves that, with the right tools and enough determination, anyone can succeed in the sport of sailing. In his foreword Sir Ben Ainslie writes how he himself has used a lot of the techniques that Nick describes in the book, and remarks that Nick is “one of the best... This book allows anyone to gain from his experiences”.

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