



## Sailing: A Woman's Guide

*Doris Colgate*

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"Doris Colgate knows what women want. Well-known as a sailing role model and a confident yet gentle teacher, she writes with clarity on even the most complex sailing concepts, as well as answering often-asked questions on the safety, comfort, and social sides of sailing. *Sailing: A Woman's Guide* pulls it all together for the beginning sailor. Finally, an excellent book for women that both teaches and motivates. Bravo, Doris. You've opened up the sport." --Bernadette Peters, editorial director, *Cruising World*

"It took a person with her fingers on the pulse of women aspiring to sail to write this book, and that person is clearly Doris Colgate. *Sailing: A Woman's Guide* is as much a source book as empowerment to women the world over desiring to become sailors." --Micca Leffingwell Hutchins, editor of SailNet

"An excellent introduction to the sport of sailing. It will undoubtedly encourage many women to try this challenging, noncontact activity while enjoying the great outdoors."--Betsy Alison, Four-time Rolex Yachtswoman of the Year

"This new series is designed to teach outdoor skills to women in the way they learn. . . . Women of all ages describe how they overcame obstacles, what they enjoyed most, or just how they felt about undertaking a new activity . . . extremely well done and appealing." --*Library Journal* (starred review)

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