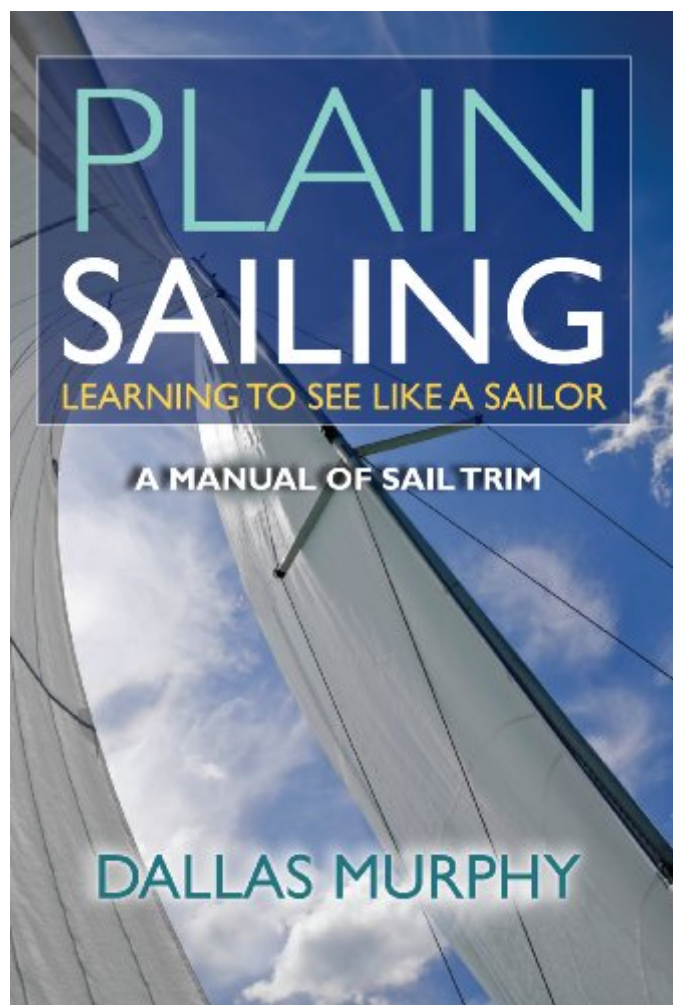


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# Plain Sailing: The Sail-Trim Manual For New Sailors



## Synopsis

By focusing on a wind awareness, Plain Sailing will help all sailors better understand the principles and practice of sail trim "how to adjust sails so they interact most efficiently with the wind. There is a direct relationship between sailing efficiency and sailing fun. Knowing when, how, and why to trim your sails is the essence of sailing. If you understand trim, you understand sailing.

## Book Information

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## Customer Reviews

Plain Sailing is a techno/sensory guide to understanding wind and sail trim. Don't be fooled into thinking this is a book just for beginners. While it is a perfect introductory treatise on wind and waves it also presents a much deeper look at the science and feel of making a sailboat move. The author clearly demystifies the technical aspects of wind speed and direction and then takes that one step further by instructing the sailor how to feel the wind and its relationship to the boat. With its excellent illustrations this is a very well-written conversational guide for the novice as well as the experienced sailor. Mr. Murphy's experience on the water is obvious as he presents a no nonsense insight into the tactile experience of sailing. It's for racers and cruisers, and is a must read for anyone contemplating the hoist of a halyard.

PLAIN SAILING: LEARNING TO SEE LIKE A SAILOR explains sail trim for the new sailor and is a 'must' for any newcomer to sailing who would learn about boating, its skills, its equipment, and its challenges. Aspiring sailors receive clear keys to jargon and terms, basic explanations of sailing terms that require no previous knowledge, and a fine basic guide that covers the basics of sail trim and relationships between knowledge and fun. From how to look at sails to diagnosing problems, this covers all the basics for any would-be sailor who wants to get the most out of a boat.

If you're a competent sailor who's trying to develop your skills, you're unlikely to find much new material here. However, this is a great book for new sailors. As such it would have benefited from more diagrams and pictures to support the explanations in the text.

This is an excellent introduction to keelboat sailing, well-written and illustrated. It covers essentially ALL the material of a basic sailing course in clear, not overly technical language, although it does stress the need to learn correct terminology in order to communicate effectively on board. Its designation as a manual of sail-trim is slightly misleading, since only a lesser fraction of the book addresses sail trim specifically. That slight caveat aside I strongly recommend the book to people starting out on the endlessly enthralling and challenging life of sailing.

Definitely not a sail trim manual. Lacks detail on when, how, and why of sail trim. Although, it explains very well how a sail works and some simple concepts of sailing. I would recommend it to beginning sailors.

Plain sailing is just what it says in the title. There is not the usual hubris one finds in most sailing books that tend to intimidate rather than teach. Terms are explained in a clear and understandable manner. I loved this book and will re-read it to refresh the concepts he so lucidly explains.

Have been sailing for a year and have read several books. This book is a good book to take you to the next level. I have just completed reading this and hope to put some of the knowledge contained to use soon. Good for anyone wanting to know more about what the tell tales say to you, how to react, etc.

Best sailing instruction book I've read - out of dozens. This book is loaded with practical information

and offers a look into the reasoning behind sail trim. This is the one book that you will read from cover to cover, and refer back to often.

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