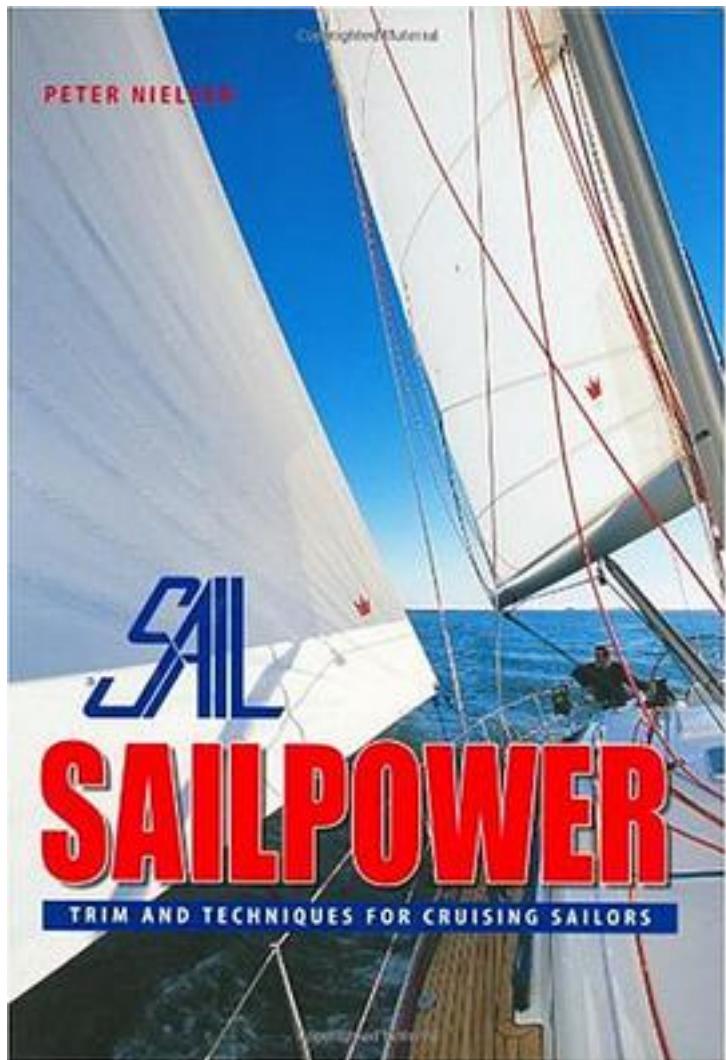


Ym Sailpower



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著者:Nielson, Peter

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Unlike most books on sail trim, which seem to be written exclusively for racing sailors, Peter Nielsen's *Sailpower* is intended for the sailing community at large. Any and all seafarers, whether racer or cruiser, amateur or expert, will benefit from Nielsen's down-to-earth practical advice and superb illustrations that demonstrate exactly how to achieve a perfect set-up to get the most out of your sails. Comprehensive chapters cover every aspect of how sails interact with the wind and the boat's hull, making it simple for mariners to customize their rigging. This is one book no sailor can afford to be without. Contents include: how sails works, essential sail trim tips, how to balance your boat, how to keep moving in light airs, heavy weather trim and techniques, spinnakers for cruising, how to tune your rig, reefing system improvements, running rigging, troubleshooting, and care. Even the most relaxed sailors can enjoy fine-tuning their boat for optimum efficiency and will benefit from the knowledge of the author. Nielsen, an experienced racer and cruiser, is the editor of *SAIL Magazine*.

作者介绍:

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