

# Winter Sports



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Cross-country skiing, snowshoeing, snowboarding, and skating adventures: Iseult Devlin has done it all. She and other women athletes, professionals as well as weekend enthusiasts, share their experience and savvy about the wonderful world of winter sports in this unique woman-friendly guide. Covering the territory from A to Z, from

getting started, getting equipment, getting in shape, and getting the family involved, to step-by-step illustrated techniques and a comprehensive list of resources for further reference, Winter Sports: A Woman's Guide makes the joy of snow sports more accessible than ever before.

作者介绍:

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