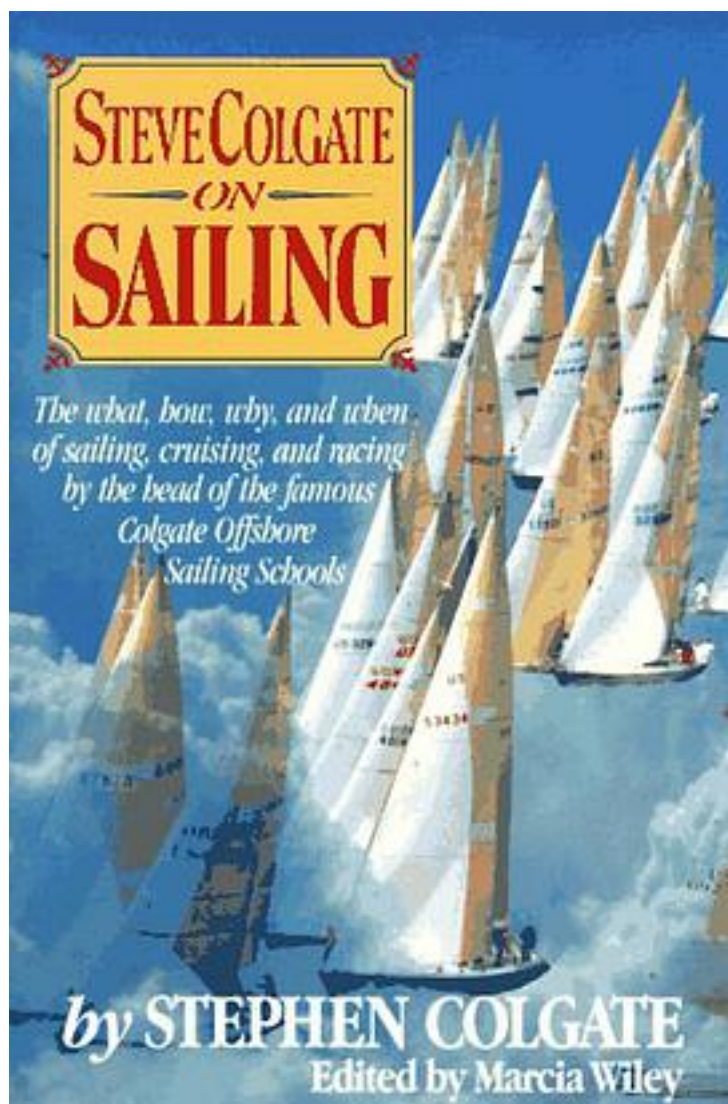# Stephen Colgate on Sailing

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著者:Colgate, Stephen

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America's most experienced and renowned sailing instructor has put down in this volume all he knows about his subject. And he has done it in a way that reflects years of searching for and finding the best way to teach sailing. The result is an incomparable book for anyone who wants to become an expert sailor.

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