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WOMEN SKI 2ND ED-PB-OP



Synopsis

Women Ski has changed the sport of women's skiing forever. This is a landmark book that should be in every bookstore's ski/sports section. This second edition continues Claudia Carbone's explanations that outline how and why women ski differently than men, offering solutions to help women get more enjoyment from the sport.

Book Information

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

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Customer Reviews

I saw myself on every page...Claudia has addressed every problem I've ever had in skiing and gave me answers, confidence, and a whole new attitude about ski buying. I actually improved my skiing, knowing more about my body and how it works. I recommend it for any female skier, beginner or advanced, and men should read it too, to understand how women relate to skiing.

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