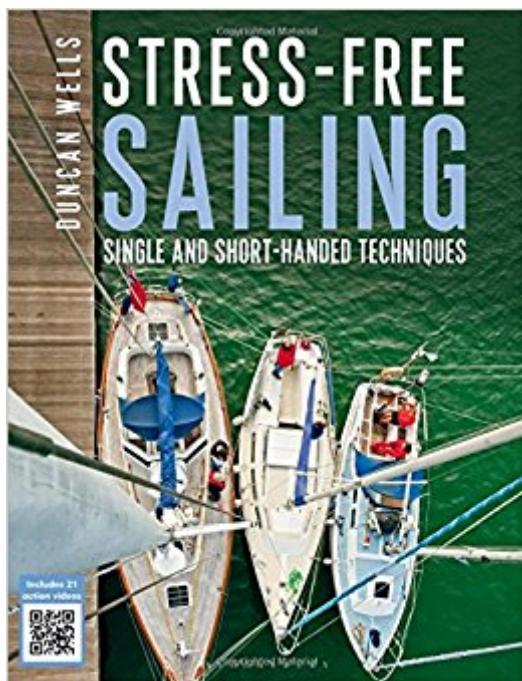


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# Stress-free Sailing: Single And Short-handed Techniques



## Synopsis

The vast majority of sailing yacht scenarios comprise a couple sailing the boat together, needing to carry out all maneuvers and activities themselves with no help from a back-up crew. Their boat handling, navigation, sail handling, anchoring, and mooring skills all have to be carried out both efficiently and effectively, preferably with a minimum of physical effort (to conserve energy). But most sailing technique books assume a crew of three or four, all willing to lend a hand. This book is therefore a first, addressing the most common sailing scenarios that anyone cruising will have to deal with, and providing clever, original, highly effective (and most important, successfully tried and tested by the author) techniques and solutions for dealing with the huge variety of essential operations on a boat--from sail setting and reefing; to picking up mooring buoys in a variety of wind and tide situations; to anchoring, berthing, and leaving a pontoon shorthanded; to picking up a man overboard; to sailing in fog and heavy weather--and even going up the mast. This book will be a godsend to anyone sailing solo or shorthanded--including couples with young children who need to be supervised by one parent whilst the other runs the boat. Organized into techniques for different cruising scenarios, the book features step-by-step sequential photos showing exactly how to approach each situation and carry out the task at hand.

## Book Information

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## Customer Reviews

"This excellent book would make a fine present for anyone who goes on the water." •The Ensign

Duncan Wells is a voiceover actor who also writes and produces radio commercials for Renault. He is the owner and principal of Westview Sailing School and produces his own instructional videos. He

is also a columnist for Yachting Monthly and a public speaker, giving talks to a variety of sailing clubs and other groups.

This is a fact-filled, practical, and interesting source for single-handed or short-handed sailing techniques. In fact, there's just a boatload of well described sailing techniques, illustrated with clear photos, some with video links. This is not a one-day read - there is a lot of material in here. I loved it, and you will, too.

I enjoyed the book and picked up a lot of good information. The author is British and uses British colloquialisms throughout the book sometimes making it a little hard to understand for a person living on the side of the pond but well worth the read. I would suggest that you buy the hard copy as well as the Kindle version because the diagrams are much easier to view in a book but you still need the Kindle copy loaded on your phone so you can watch the videos that come free as demonstrations of techniques taught.

This is a very refreshing book. Much of the tech talk which can sometimes be mind numbing is left out and what is emphasized and very carefully explained with words, drawings, and mini videos, addresses short handed techniques that people like me have been looking for for a long time. This book is not meant to be an encyclopedia. What it does it does very well. I will be making use of this information.

This boat is off the charts excellent. I've had my sailboat since 1995 and I still consider myself a knob when it comes to being able to truly handle the boat by myself. Duncan's book is filled with "doh! That's blindingly obvious, why didn't I think of that." For example, ever watch people go back and forth trying to "hook" a mooring ball? Giant pain with lots of yelling. Duncan's simple solution of essentially tying off one end of a heavy line to the forward cleat, bringing the line back and flipping (holding the other end) over the ball, it sinks and then pulling yourself to the ball as the line catches the mooring line underneath; is just such a moment. The book has embedded videos so you can take the iPad/Kindle on the boat and do what he shows. Brilliant book.

The most helpful part of the book is the docking and motoring section. It presents a pretty clever approach to single handed techniques for docking and motoring. There are QR codes throughout which link to videos of the concepts being performed. The rest of the book is interesting to read but

wasn't particularly helpful to me. Overall, I think it was worth reading.

Unless you are a seasoned liveaboard or a regatta racer (and even then) you will learn important lessons in this book. Stress free is what we want, that is partly why we seek the ocean waves in the first place. The author has a thorough understanding of what the major "stress" issues are and how to make them go away.

Great tactics for sailing single handed or taking out friends who are new to sailing. Duncan is correct when he says that your confidence in handling the boat on your own is key to taking pressure off the rest of the novice crew or passengers. Knowing you can handle the boat on your own under various events makes the voyage more enjoyable for all on board. I especially liked all the embedded / linked videos- especially sailing in circle (you can teach this to anyone right away so neither of you needs to panic in a MOB situation). I also liked the Rustler's Hitch video- classic story!

A very well written book with much specific information on handling a mid sized sailboat by yourself or with only one other person. Much of the material is also useful for sailors of smaller boats down to the 20 foot range. The writer is British and the material is based on conditions in Britain but Americans will recognize the same situations in the U.S..

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