



Sailing: A Woman's Guide

Doris Colgate

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"Doris Colgate knows what women want. Well-known as a sailing role model and a confident yet gentle teacher, she writes with clarity on even the most complex sailing concepts, as well as answering often-asked questions on the safety, comfort, and social sides of sailing. *Sailing: A Woman's Guide* pulls it all together for the beginning sailor. Finally, an excellent book for women that both teaches and motivates. Bravo, Doris. You've opened up the sport." --Bernadette Peters, editorial director, *Cruising World*

"It took a person with her fingers on the pulse of women aspiring to sail to write this book, and that person is clearly Doris Colgate. *Sailing: A Woman's Guide* is as much a source book as empowerment to women the world over desiring to become sailors." --Micca Leffingwell Hutchins, editor of *SailNet*

"An excellent introduction to the sport of sailing. It will undoubtedly encourage many women to try this challenging, noncontact activity while enjoying the great outdoors." --Betsy Alison, Four-time Rolex Yachtswoman of the Year

"This new series is designed to teach outdoor skills to women in the way they learn. . . . Women of all ages describe how they overcame obstacles, what they enjoyed most, or just how they felt about undertaking a new activity . . . extremely well done and appealing." --*Library Journal* (starred review)



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Donald Kelley:

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