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# Skiing: A Woman's Guide




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## Synopsis

"In this book, Maggie Loring gives each and every woman a well-designed ski lesson: her approach is personal, customized, encouraging, engaging, and highly informational."--Linda Crockett, Education Director, Professional Ski Instructors of America "Reading this book is like having a big sister--attentive, informed, and supportive--take you on the ultimate skiing adventure."--Mermer Blakeslee, National Demonstration Team member of Professional Ski Instructors of America "This is a wonderful, comprehensive introduction to skiing. Maggie Loring calms anxious readers with her sensitive descriptions of getting started, and she tempts all readers with the extraordinary experiences this lifetime sport offers."--Carol Levine, Training Manager, Vail and Beaver Creek Ski and Snowboard Schools, Colorado Find the joy, lose the jitters Turn fear into thrill, unite mind and body, rediscover play and adventure, and give everyday cares a rest. In this book, veteran instructor Maggie Loring lovingly shares her lifelong enthrallment with alpine skiing and shows women of all ages how to find the same joy and confidence in this timeless sport. Full of inspiration, encouragement, personal stories, and supportive, wise-woman counsel from many female skiers, Skiing: A Woman’s Guide helps you conquer the slopes with clear, illustrated instructions . . . advice on where to go . . . what to wear and what gear to choose . . . and resources for locating the right instructor and connecting with other women skiers.

## Book Information

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## Customer Reviews

Full of inspiration, encouragement, personal stories and supportive wise woman counsel from many

female skiers, Skiing: A Woman's Guide helps women conquer the slopes with clear, illustrated instructions. (Outfitter Magazine 1999-12-02)Loring is a skilled skier and innovative instructor, and her book reflects both. The instructions are comprehensible, the pictures are clear and the tone is encouraging. (SKi Press 1999-12-01)

"In this book, Maggie Loring gives each and every woman a well-designed ski lesson: her approach is personal, customized, encouraging, engaging, and highly informational." Linda Crockett, Education Director, Professional Ski Instructors of America "Reading this book is like having a big sister--attentive, informed, and supportive--take you on the ultimate skiing adventure." Mermer Blakeslee, National Demonstration Team member of Professional Ski Instructors of America "This is a wonderful, comprehensive introduction to skiing. Maggie Loring calms anxious readers with her sensitive descriptions of getting started, and she tempts all readers with the extraordinary experiences this lifetime sport offers." Carol Levine, Training Manager, Vail and Beaver Creek Ski and Snowboard Schools, Colorado

Kind of old-fashioned print style inside. I should of sent it back.

Skiing: A Womens Guide offers practical and up to date advice for women who want to learn more about this great sport. After reading this book I felt it truly captured the experience of skiing. I enjoyed reading about all of the aspects of skiing, what to wear, safety on the mountain, as well as expected experiences for beginners to experts.This book covers all of this and much more in articulate and common sense language. Thanks Maggie,for publishing a guide for a group of skiers that have a greater need to understand the basics before moving on to bigger challenges. I've been involved in teaching women to ski for over ten years and this book also illustrates the fun, friendships and learning that occurs with women skiers. Outstanding job.

This book provides practical information about skiing for women of all ages and abilities. This advice ranges from helpful hints for beginners to technical pointers for advanced skiers in powder. What makes the book more valuable than a standard how-to book, is its female perspective and the shared stories of real women skiers. I recommend this book for it practical information as well as for its descriptions of the motivations of a variety of women skiers. Read this book and you'll be itching to get on the slopes.

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