



Coach Yourself to Win (Sail to Win)

Jon Emmett

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This book covers the twelve fundamental aspects of successful sailing, and will help you to succeed on the water whether your aim is club, national, international (or even Olympic) level. With detailed analysis, challenging exercises and useful top tips throughout, everything is covered: from targets, goal setting and a winning mental attitude to boat handling, strategy and tactics (plus lots more).

Handy diagrams on almost every page help to clarify complex concepts and scenarios, and brilliant action photographs bring the text to life. Each chapter is closed with not-to-be missed advice from Olympic medallists – making this a must-have book for all sailors who aspire to great success.

Written by a gold medal winning coach and sailor, this book will have you climbing the leaderboard in no time. It is a re-written and more focused version of the author's popular title *Be Your Own Sailing Coach*.

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