



Peter Isler's Little Blue Book of Sailing Secrets

By Peter Isler

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Peter Isler's Little Blue Book of Sailing Secrets By Peter Isler

From one of the world's most respected sailors-the knowledge and secrets every sailor needs

Peter Isler, two-time America's Cup winner, has sailed in and won hundreds of races over the last forty years. In that time, he has acquired a vast array of knowledge about sailing techniques and tactics, not to mention a boatload or two of entertaining stories along the way. In this book, he brings them all together into a single guide to help you make the most of your time on the water, whether you're going for a leisurely sail with friends or competing to win.

- Filled with tips and secrets every sailor craves, from the international competitor to the weekend dinghy sailor
- Includes wisdom and advice gleaned from Peter's time spent sailing with top international sailors, from America's Cup veterans Ted Turner, Dennis Conner and Russell Coutts to and three-time Olympic gold medalist Ben Ainslie
- Covers a range of important sailing topics, including understanding the inner game, leading a team, reading the wind, preparing your boat (and yourself), and much more

Filled with information that will help you become a better sailor, *Peter Isler's Little Blue Book of Sailing Secrets* is an invaluable source of guidance you'll rely on every time you set sail.

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Peter Isler's Little Blue Book of Sailing Secrets By Peter Isler Bibliography

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Editorial Review

From the Inside Flap

With four decades of sailing experience and respected for his skills the world over, Peter Isler is the undisputed "sailor's sailor"—the man you want next to you in the boat whether you're an international competitor, a weekend sailor, or a beginner craving insider secrets about the sport (not to mention an entertaining story or two).

In this classic compilation of tips, lessons, and entertaining stories, Isler shares his extensive knowledge and recounts some of the highlights of his life as a professional sailor. Inside you'll find:

- A wide range of compelling and invaluable lessons, including understanding the inner game, reading the wind, preparing your boat (and yourself), how to be the ultimate crew, navigating, steering in waves, leading a team, and much more
- Wisdom and advice gleaned from Isler's time spent sailing with and against the world's best sailors—from America's Cup legends Dennis Conner and Ted Turner to three-time Olympic gold medalist Ben Ainslie to sailing guru Buddy Melges
- Tips on staying out of trouble, such as learning from your mistakes, jury rigging skills, a renowned college coach's list of the top-five sailing mistakes, reacting to fast-changing conditions, and fending off harmful head games

More than a sailing textbook, this guide also gives you a rare glimpse into Isler's personal sailing history—from his roots sailing dinghies on Long Island Sound to winning the America's Cup—learning why he sails, his competitive philosophy, his favorite places to sail, and all about his near-death experience on the water. His love for the sport pours out of every page, revealing how important it is, no matter how serious you are about sailing, to simply have fun. His lessons come from a life afloat, but many are just as applicable in everyday life.

From the Back Cover

Don't set sail without this guide!

"I've known Peter Isler for many years. Besides helping me win the America's Cup twice as my navigator and pursuing his own successful racing career, he has always been deeply involved in sharing his love for the sport, through his writing, his teaching, and his diverse efforts to bring people of all ages into the sport. Reading Peter's Little Blue Book brings the world of sailing alive for old salts like me and newcomers alike."
—Dennis Conner, four-time America's Cup-winning skipper

"Peter Isler has won (and lost) at every level in sailing. From the America's Cup to collegiate sailing and racing offshore, Peter has been a keen competitor and observer. His new work, Peter Isler's Little Blue Book of Sailing Secrets, is a series of helpful, easy-to-read essays that will improve any racing sailor's skill level based on actual experience."
—Gary Jobson, President, U.S. Sailing, America's Cup Hall of Fame, and ESPN commentator

Two-time America's Cup winner Peter Isler has sailed in and won hundreds of races over the last forty years. During that time, he amassed a tremendous amount of hard-won sailing wisdom. Now, he brings all his tips, techniques, and sea stories together into an entertaining read for non-sailors and sailors alike—whether you're just learning the sport, going for a leisurely sail, or competing to win. Including advice gleaned from a

number of top international sailors, Isler's Little Blue Book is filled with insider wisdom only a true master of the sport can provide.

Filled with information that will help you become a better sailor, Isler's Little Blue Book is the kind of book you will be picking up to enjoy and learn from for years to come.

About the Author

Regarded for his calming nature in the heat of battle and his friendly shoreside manner, **PETER ISLER** ("Pedro") is one of the world's best known and most respected sailors. He is a two-time winner of the America's Cup, a television personality, an America's Cup analyst, and a popular motivational speaker. Isler has been involved in every America's Cup campaign since winning it as navigator aboard Dennis Conner's Stars & Stripes in 1987; he sailed in his fifth cup campaign as navigator for the BMW Oracle Racing Team in 2007. During his college years, he was part of Yale University's national championship winning team and was awarded the coveted Collegiate Sailor of the Year trophy his sophomore year. The coauthor of the bestselling *Sailing For Dummies* (Wiley), Isler is President of Isler Sailing International and remains active as a professional sailor, an author, and a motivational speaker.

Users Review

From reader reviews:

Doris Moreno:

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