



Skiing: A Woman's Guide

Maggie Loring, Molly Mulhern Gross

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"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.

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