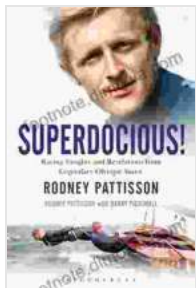


Racing Insights and Revelations from Legendary Olympic Sailor Rodney Patisson

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In this book, Rodney Patisson shares his insights and revelations from a lifetime of sailing at the highest level. From his early days as a young sailor to his Olympic gold medal victory in 1992, Rodney has raced against the best sailors in the world and learned from the very best coaches. In this book, he shares his knowledge and experience with you, so that you can improve your sailing and achieve your racing goals.

Rodney covers a wide range of topics in this book, including:



Superdocious!: Racing Insights and Revelations from Legendary Olympic Sailor Rodney Patisson

by Christopher Lucas

★★★★☆ 4.4 out of 5

Language : English
File size : 4071 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 215 pages



- The mental game of sailing

- Boat handling and racing tactics
- Training and fitness for sailors
- The importance of teamwork
- And much more

Whether you are a beginner sailor or an experienced racer, you will find something of value in this book. Rodney's insights and revelations will help you improve your sailing and achieve your racing goals.

About Rodney Patisson

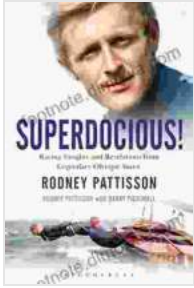
Rodney Patisson is a legendary Olympic sailor. He won a gold medal in the 470 class at the 1992 Summer Olympics in Barcelona. He also won a silver medal in the 470 class at the 1988 Summer Olympics in Seoul. Rodney is a member of the Canadian Sailing Hall of Fame and the Canadian Olympic Hall of Fame.

Rodney is a highly respected sailing coach. He has coached many sailors to Olympic and world championship success. He is the author of several books on sailing, including "The Complete Book of Sailing" and "Racing Insights and Revelations".

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Free Download your copy of Racing Insights and Revelations from Legendary Olympic Sailor Rodney Patisson today. This book is a must-read for any sailor who wants to improve their sailing and achieve their racing goals.

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