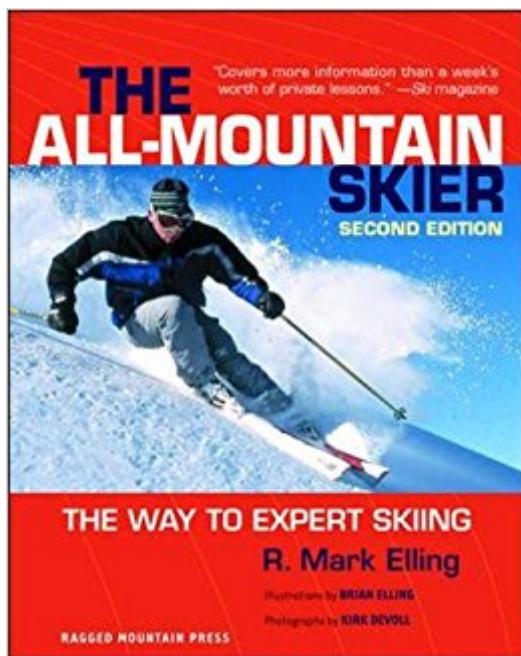


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# All-Mountain Skier : The Way To Expert Skiing



## Synopsis

"Covers more information than a week's worth of private lessons."Ski magazine The All-Mountain Skier helps skiers advance their skills with a foolproof, self-instructional program for mastering advanced techniques in even the most challenging conditions. Drawing from his extensive experience as a ski professional, instructor Mark Elling delivers essential advice and informationincluding tips from other expert skiersto help readers perform like pros.

## Book Information

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## Customer Reviews

"Covers more information than a week's worth of private lessons." - Ski Magazine

"Covers more information than a week's worth of private lessons."Ski magazine The All-Mountain Skier takes you to the most difficult places on the mountain--bumps, steeps, and trees--and helps you conquer them. If you yearn for speed, gravity-defying jumps, or fluid grace on challenging terrain, here is your step-by-step guide to becoming an expert all-mountain skier. This second edition contains all the information you need on the latest equipment--including shaped skis, boots, bindings, and footbeds--to perform like a pro on crud, hardpack, powder, and ice. "Wow! This book can help you conquer the steeps of Valdez, the peaks of the Alps, the powder of Alta, and everything in between. A blizzard of information that will truly change the way you ski."Gordy Peifer, U.S. (2000) and Canadian (1998) Freeskiing Champion, ski film star

I have read several books on skiing, and this is, by far, the best. Most books on skiing tried to sell me on some magic maneuver that was the cure all for all skiing conditions - groomed, powder, crud, bumps, etc., but this is not real life. There is no magic pill. The All-Mountain Skier does not follow that path. It provided me with a number of skills, and I can pick the right skills for the right conditions. Also, I have found, when reading ski books by famous athletes (Harold Harb \*cough) that they may be great skiers and have won gold medals, but they SUCK at teaching. They use all this mumbo jumbo and techno jargon, but they are very unclear. The author of this book is very clear, non-technical and easy to read and understand. I love the fact that he has several drills for me to practice and master the skills that he is teaching. As I have said, this is not a magic pill kind of deal. If you want to improve your skiing, you will have to practice the drills that he recommends. I highly recommend this book.

This is an excellent book. I was concerned that it was from 2002, but it seems to be as up to date as it needs to be regarding today's shorter skis with deep side cuts. I did find it a little distracting that the author uses "she" to refer to a generic skier rather than the more traditional "he," or the more appropriate substitute "they."

Not appropriate as a step-by-step learn-to-ski guide for someone just beginning to learn to ski, but for an intermediate to seasoned skier desiring to improve their technique, skills, and ability, this is an excellent text. Also sections on ski equipment and equipment care. Book is well organized and reads clearly. Am a second year ski instructor, and for this individual at least, the text has given me a better understanding of ski technique and added to my tool kit of skills. Well worth the money to have on one's book shelf.

I've read several books on advanced skiing, and this one is the best. This book balances technical detail with practical advice. The book is laid out into three main sections. The first section focuses on one skill at a time, and does so very well. The next section discusses gear very thoroughly. The author works as a ski tech, and this really shows. The final section is on advanced situations such as carving and powder, and supplements the earlier chapters with more specific information.

I can't wait to hit the slopes to see my improvement after reading this great book.

I have many alpine skiing technique books, and this is my favorite. It doesn't attempt to sell you a

"skiing secret" or some gimmick. It describes what is happening with physics-relevant explanations that cover basic body positioning through coping with difficult conditions. Yet, it is not boring and overly technical. The language uses everyday terminology. Illustrations are plentiful and succinct. The author has done a fine job studying the sensations faced while skiing, and how to appropriately react for myriad conditions. Also includes gear-fitting and some selection advice.

Gives some great tips for all styles of skiing. If you are a good skier and can visualize and feel what the author is talking about while sitting on your couch reading this book you will get some great pointers to apply when you next hit the slopes. I learned about "spinal crunch" for the first time, and now I know exactly when and where I am getting that back pain. If you are closer to intermediate this is still a great book. Read a chapter or two each night and go out and practice his tips the next day. Most definitely had more tips than several days of private lessons, but doing both is best.

If you are interested in becoming a better skier this is a great book. I liked it so much that I bought it as gifts for several of my skiing friends. Mark is a gifted explainer of skiing and how to improve your technique. It's a fun read!

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