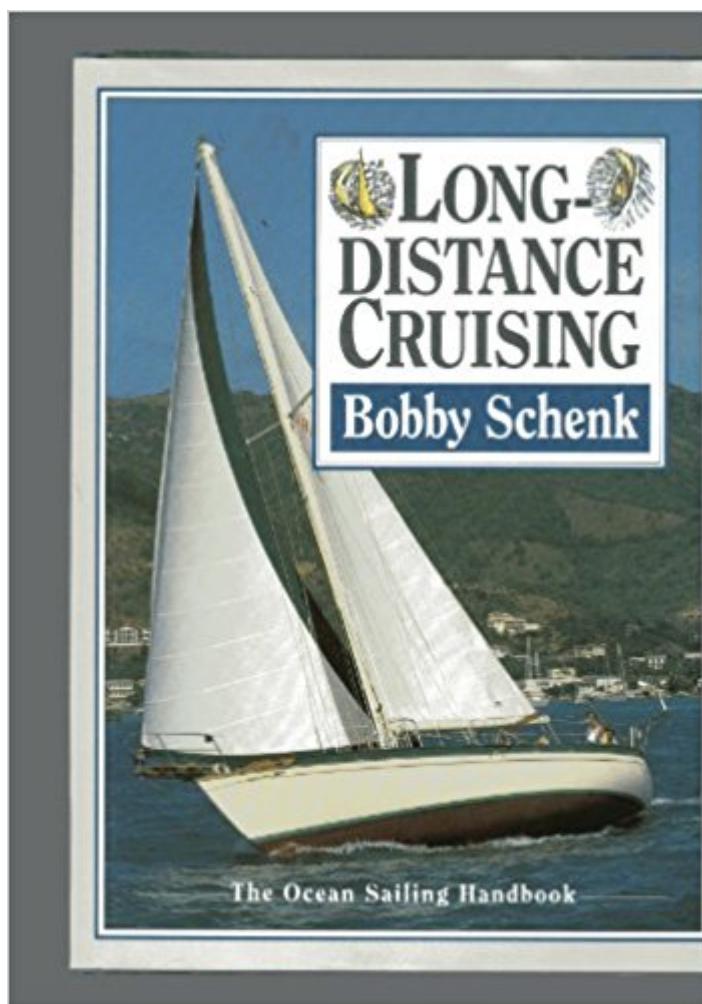


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# Long-Distance Cruising: The Ocean Sailing Handbook



## Synopsis

Aimed at anyone taking a sailing yacht on an ocean passage or extended cruise, this book complements a detailed text with graphics to explain the practical aspects of sailing and seamanship. Five sections systematically cover the cruising yacht, boat electrics and electronics, yacht handling, meteorology, and navigation. Fold-out practice charts and tables are included, and the book ends with advice on boat and crew management. The author is an experienced long-distance sailor who has twice circumnavigated the world.

## Book Information

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