



# Plain Sailing: Learning to See Like a Sailor: A Manual of Sail Trim

*Dallas Murphy*

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# Plain Sailing: Learning to See Like a Sailor: A Manual of Sail Trim

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## **Plain Sailing: Learning to See Like a Sailor: A Manual of Sail Trim** Dallas Murphy

With this new, fresh, and highly readable introduction to sail trim, Dallas Murphy's *Plain Sailing* goes far to demystify the often intimidating aspects of sailing that confront the unseasoned sailor.

By focusing on "wind awareness," *Plain Sailing* will help all sailors better understand the principles and practice of sail trim—how to adjust sails so they interact most efficiently with the wind. There is a direct relationship between sailing efficiency and sailing fun. Knowing when, how, and why to trim your sails is the essence of sailing. If you understand trim, you understand sailing.

*Plain Sailing* also covers how to look at sails, how to distinguish good trim from bad, how to diagnose a blown-out sail, and much more. This book is essential reading for all beginning sailors, as well as for more experienced cruising sailors who want to get the most out of their boats.

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