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Anyway, I'll end with my conclusions on psychology for sailing: It is relevant to all levels of sailing, but only appears to be practiced at the higher levels; It is accessible, as there are lots of easily digested books on the subject; It can improve progress and enjoyment of the sport, even for the average club sailor.

Psychology of sailing – is it relevant to the club sailor

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Sailing is a quiet sport; there are no moving parts in a sailboat other than the usually noiseless rudder and the change in tension of the sails and redirection of the boom.

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