

The book was found

Soft Skiing: The Secrets Of Effortless, Low-Impact Skiing For Older Skiers



Synopsis

Soft Skiing is unique among many how-to-ski-better books-full of practical, easy-to-follow and immediately effective ski coaching ideas, it's also a collection of personal memories by one of America's best known ski instructors, Lito Tejada-Flores. Lito is the author of Breakthrough On The New Skis, and the creator of the Breakthrough-On-Skis video series. He has never followed the "party-line" of official ski teaching orthodoxy, and his Breakthrough on Skis books are amongst the best selling ski instruction books of all time. In this book, Lito breaks new ground, focusing 100% on the art of skiing in a relaxed, energy-efficient manner, a style of virtually effortless expert skiing that is ideally suited to older skiers. In his easy-to-follow conversational style, Lito reveals the secrets of skiing all day, on all terrain, without fatigue, without a moment of struggle or stress. Actually this is a book for all skiers but more than anything it is a gift for older skiers looking for grace, elegance and efficiency rather than aggressive daring-do on the slopes. This is a book that will change skiing lives, expand skiing horizons.

Book Information

Paperback: 120 pages

Publisher: Western Eye Press (October 29, 2009)

Language: English

ISBN-10: 0941283224

ISBN-13: 978-0941283229

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 7.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 19 customer reviews

Best Sellers Rank: #700,575 in Books (See Top 100 in Books) #106 in [Books > Sports & Outdoors > Outdoor Recreation > Skiing](#) #485 in [Books > Sports & Outdoors > Winter Sports](#)

Customer Reviews

Lito Tejada-Flores was born at 13,000 feet in the Bolivian Andes and since has spent much of his life in high places. He has shared his passion for mountain adventure in a series of books, on wilderness skiing, kayaking and downhill skiing, and in documentary films. His instructional ski books and videos are well known. But he has also written books on backcountry ski touring and whitewater kayaking. And his documentary film on the ascent of Mount Fitz Roy won the Grand Prize at the International Mountain and Exploration Film Festival in Trento Italy. A dedicated, passionate ski instructor for over 30 years, Lito is a mountain-sports and travel writer by profession,

a poet by avocation, a graphic designer, web designer, photo editor and documentary filmmaker for the hell of it, and a publisher quite by accident. He has collaborated with his wife and partner, landscape photographer Linde Waidhofer, in designing and publishing a series of award-winning books of landscape photography under their Western Eye imprint like the book, This is Skiing, The Impossible Romance of Sliding over Snow. Today, Lito and Linde spend part of each year in Patagonia and the other part in the Colorado Rockies. Among Lito's most memorable adventures—his first ascents on Mount Fitz Roy in Patagonia and the Devil's Thumb in Alaska—and falling in love with Linde Waidhofer.

Lito is a great teacher and does a very nice job of visualizing the slopes for you with his imaginative writing style. His approach to describing his technique, which is akin to that of Harald Harb's Primary Movements Teaching System, is simple and engaging. However, what struck me as unusual with this book is that there isn't adequate use of pictures/illustrations. The line drawings included in this book were somewhat useless-- they didn't portray any detail and were more of window dressing. "Soft Skiing" would have benefitted from photos or more detailed drawings rather than several continuous pages of explanation in some areas. All in all, yes, much of what is described in his other great book, Breakthrough on Skis, but it's nice to have something written especially for those of us who aren't looking to rip a double-black and meet the half pipe at the bottom. Lito appealed to a niche and I hope he has much luck with it.

Interesting ideas. So simple, but effective.

Lito has written another great instructional book on skiing. One of his earlier books, Breakthrough on the New Skis, lifted my skiing to a whole new, higher, more enjoyable level. This book reiterates many of those same points but in an even more effective way for us "older" skiers. His instructions are so clear, you can feel them while reading them. I would HIGHLY recommend this to anyone who wants to ski more and work less.

glad to find it at a good price

Ski instruction from a book or DVD? Yes, if it is authored by Lito Tejada Flores. Easy to read, effective stories and instruction. Clear, well organized, extremely well thought out and presented. The best advanced ski instruction available.

Great book for any recreational skier. It tries to teach you about relaxed skiing. How to use the energy in the hill. Especially good for the older less athletic skier.

Lito puts a perspective on the sport which is particularly useful for the intermediate to expert skier. This book is highly recommended.

I found this book to be very helpful in "tuning up" my skiing style. Easy to understand his steps for "controlled skiing.

[Download to continue reading...](#)

Soft Skiing: The Secrets of Effortless, Low-Impact Skiing for Older Skiers Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Gastric Sleeve Cookbook: MAIN COURSE - 60 Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein Main Course Dishes for Lifelong Eating Style After Weight ... (Effortless Bariatric Cookbook Series 2) Gastric Sleeve Cookbook: DESSERT - 40+ Easy and skinny low-carb, low-sugar, low-fat bariatric-friendly Fudge, Truffles, Cakes, Mousse, Popsicles, Crumbles ... (Effortless Bariatric Cookbook Series 3) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book

1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)