



# The Blue Book of Sailing: The 22 Keys to Sailing Mastery

*Adam Cort*

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**Transform basic sailing skills into true mastery**

No other sport is as complex or as gear- and technique-intensive as sailing. The details and nuances are vast, but beneath the surface are 22 elements, or core areas of knowledge. By understanding these principles you can attain true mastery: tie any knot, shape any sail, take the helm of any boat, no matter how large or unfamiliar.

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