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Millions of us want to improve our on-piste performance and be better, stronger skiers and snowboarders, and there's a ton of advice out there to help us; a never-ending avalanche of books, magazines, websites and TV programmes. But who's got the time to wade through this lot to sift the stuff that works from the rubbish? What we need are failsafe short cuts to boost our performance on the slopes so we can enjoy every minute of our winter getaways. Win at winter sports is the indispensable guide to preparing for and enjoying your skiing or snowboarding holiday. Packed with down-to-earth, simple and effective advice, Win at winter sports will show readers how to improve their technique, confidence and fitness so they can minimise the risks and make the most of their time on the slopes.

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