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# 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

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## 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.

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