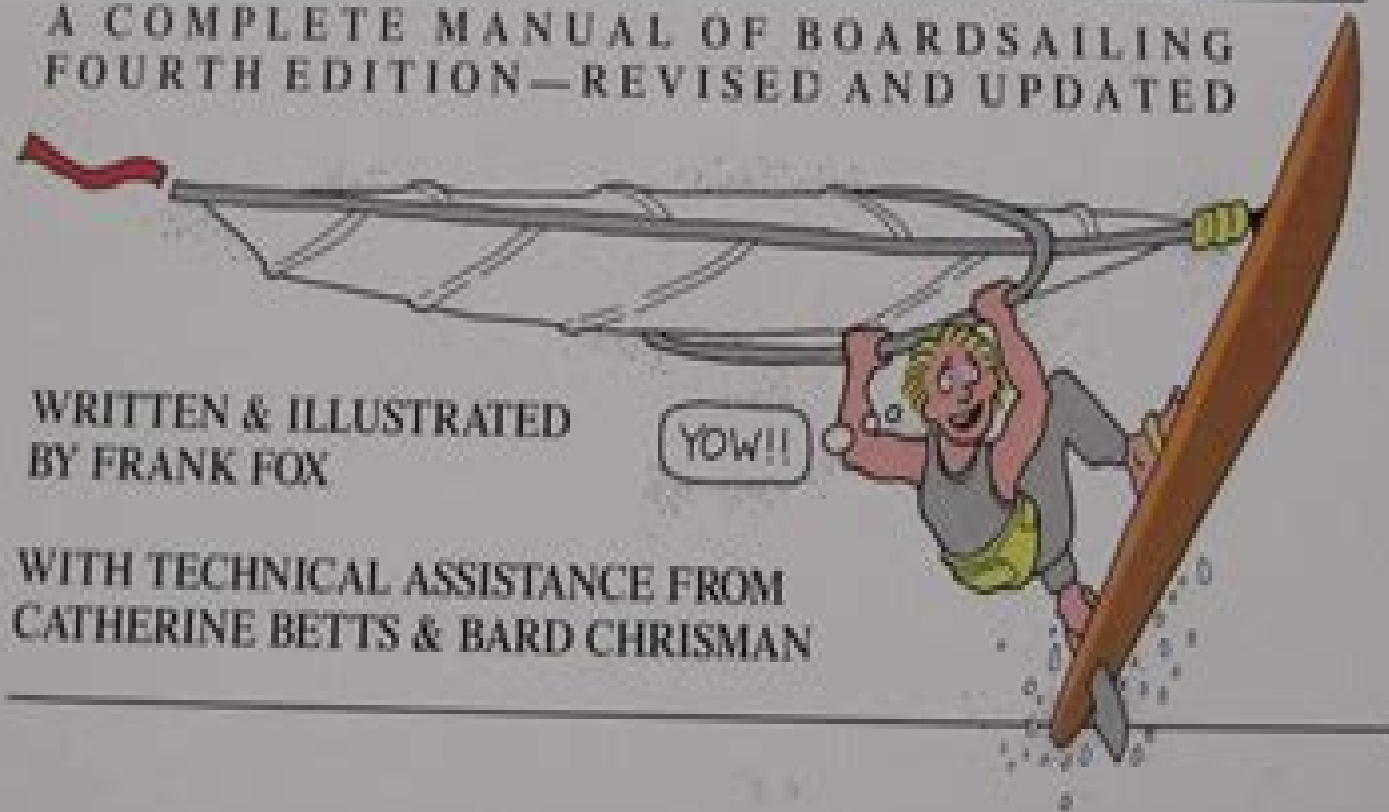


A BEGINNER'S GUIDE TO ZEN AND THE ART OF
WINDSURFING

A COMPLETE MANUAL OF BOARDSAILING
FOURTH EDITION—REVISED AND UPDATED

WRITTEN & ILLUSTRATED
BY FRANK FOX

WITH TECHNICAL ASSISTANCE FROM
CATHERINE BETTS & BARD CHRISMAN



A Beginners Guide To Zen And The Art Of Windsurfing

Brendan G. Carr



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