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BOOKS



The Mirror Book

Second edition

by Peter Aitken & Tim Davison

Published by Fernhurst Books; 11th September 2017; RRP: £16.99

MIRROR SAILING FROM START TO FINISH

The Mirror dinghy was a significant factor in the boom of dinghy sailing in the 1960s, introducing thousands to the delights of sailing. While sailing has come a long way since then and there have been a lot of far more exotic craft launched, the Mirror remains a fantastic boat in which to learn to sail and to compete at the highest levels.

As befits such an iconic dinghy, Fernhurst Books is proud to publish the second edition of *The Mirror Book*, bringing it into the *Start to Finish* format alongside such revered books as *The Laser Book*, *The Topper Book*, *The Catamaran Book* and *The Foiling Dinghy Book*. Like each of these titles, this book tells you everything you need to know about sailing the boat (whether it be the original gaff-rigged dinghy or the newer Bermuda rig).

Written for both those starting out through to those striving to win a championship, the book is packed with practical advice and illustrated with step-by-step photographs. It covers: setting up the Mirror and early sailing experiences; developing skills on all points of sailing and with the spinnaker; racing & masterclasses to become a championship winner.

Over 180 photographs show you exactly how it's done, and 72 diagrams illustrate key boat parts, the different points of sailing and complex on-the-water scenarios with clarity.

It is written by Peter Aitken, formerly the UK National Mirror Coach, who has coached teams to win world championships in the Mirror, Cadet and 420 classes, and Tim Davison, a successful racer and author of countless books on sailing.

The UK Mirror Class Association have contributed to this update and it is endorsed by Dave Wade, double Mirror National Champion, who says: "Armed with this book, your understanding of Mirror sailing techniques will grow, and your results will improve. I thoroughly recommend it."

Published by Fernhurst Books as part of their *Start to Finish* series, as a paperback and eBook, *The Mirror Book* will be available to buy from all good bookshops, websites and direct from www.fernhurstbooks.com.

The book is being launched at the Southampton Boat Show on Friday 14th September on the ChartCo stand (J052) at 2.30pm.

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About the authors

Peter Aitken was the UK National Mirror Coach and has seen plenty of his charges triumph on the world scene, winning gold medals at the Mirror World Championships. He has also coached sailors to win the Cadet and 420 World Championships and has worked with some of the best sailors in the world.

Tim Davison is a highly experienced sailor. He has been Laser (Masters) European and National Champion and British Moth National Champion. He is the author of over 10 sailing books, including the best-selling *Laser Book* and *Racing: A Beginner's Guide*.

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About Fernhurst Books

Fernhurst Books, founded in 1979, is an independent publisher of watersports books. After a period as Wiley Nautical, Fernhurst Books was re-established in 2013 and continues to publish books that instruct, inform and inspire those with a passion on, in or under the water. Its 140 titles range from how-to guides to coffee-table books and cover sailing, surfing, canoeing, kayaking, swimming, diving and fishing.

About *Start to Finish*

Start to Finish is a series of books about sailing different types of boats. The other books in the series are:

[*The Laser Book*](#), by Tim Davison;

[*The Catamaran Book*](#), by Tom & Brian Phipps;

[*The Topper Book*](#), by Dave Cockerill & John Caig;

[*The Foiling Dinghy Book*](#), by Alan Hillman.