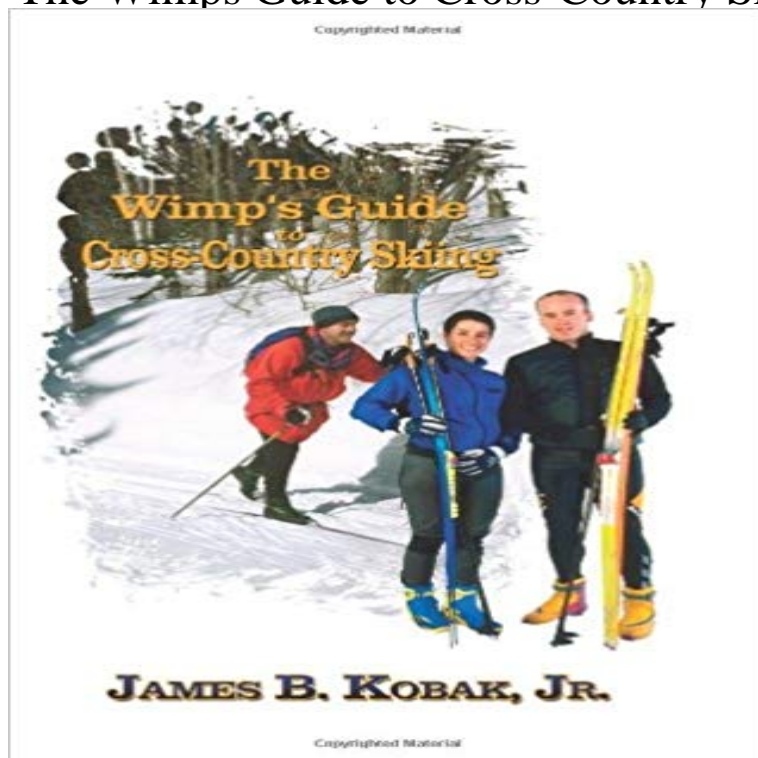


The Wimps Guide to Cross-Country Skiing



Written by someone whose credentials include falling into a Norwegian crevasse and having to be helicoptered out of the White Mountains through sheer clumsiness, this short but punchy book will be a delight to beginner and expert alike, to say nothing of armchair athletes. It makes a perfect gift for many occasions. The author, James B. Kobak, Jr., a New York author and attorney, has published humor and satire in national and regional publications including the New York Times, Washington Post, Christian Science Monitor, Travel & Leisure, Harvard Magazine, American Way, TWA, Pace, Adirondack and the New York Law Journal, among others. He is a graduate of Harvard College and the University of Virginia Law School and an Adirondack 46er. He has combined his trenchant wit with years of failure as a cross-country skier to provide a uniquely droll and readable perspective on this increasingly popular form of sport and exercise, as Mr. Kobak prefers to think of it, torture.

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