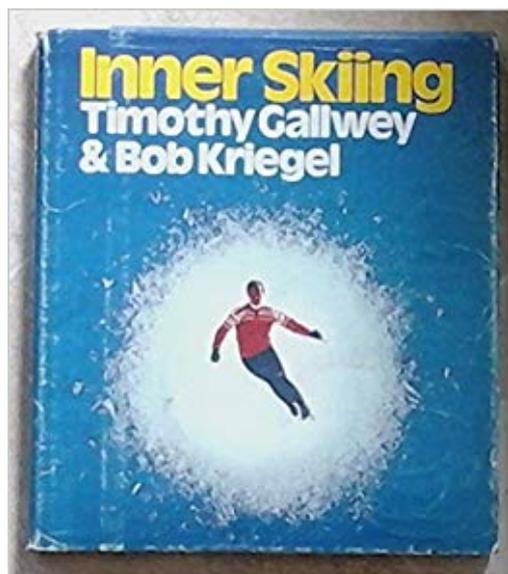


Inner Skiing by Bob Kriegel,W. Timothy Gallwey



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Inner-game techniques are applied to the skills and strategies of skiing, showing novice and intermediate skiers how to overcome the obstacles of fear, self-consciousness, self-criticism, self-doubt, and poor concentration



Reviews of the Inner Skiing by Bob Kriegel,W. Timothy Gallwey

Kigabar

This was such a disappointment. I read the Original Version when it came out and since passed it on. I bought the "Revised and I might as a little pricier than the Original version. You can tell these pages have been copied from the other book on a copy machine. The font is much smaller making it hard to read. It was a gift to my grandson for Christmas and I was quite embarrassed to give it to him. I told him if he read the chapter called "The fear of failing, flailing, and falling" he'd be good to go. The print was to small to read on a moving airplane.

The Sphinx of Driz

I received the first edition as a present at Christmas 1977 from my mother, a pioneering 1940's skier who hung up her skis long ago. I had just come from living 2 years in Grenoble and I was a pretty good "technique" skier. I looked at the title and cover, thought to myself "Oh great, more Zen mumbo jumbo from the 'hot tub - peacock feathers - I'm so into myself' set", thanked her politely, and shoved the book into my ski duffelbag and promptly forgot about it. A few weeks later, I was eating breakfast in my little Tahoe cabin, and I cracked the book open and read the first twenty pages. Those pages resonated with me all day on the slopes -- when I got home, I spent the entire evening and half the night with the book. As other reviewers have said, it forever changed my skiing life and even spilled over into my "real" world life as well. Since this book really is "Zen and the Art of Skiing", I'll stop here because the first rule of Zen is it cannot be explained in words, only in the doing. In the past 30 years, I have given this book as a gift several times, with always the same rather earth-shaking positive reaction. I'm here at Amazon to pick up a copy for my teenage son (can't find my old dog-eared copy, but it's around somewhere). I recommend this book for any age and any level of skiing, from beginner to "everyone watches when s/he comes down the hill". If you're a beginner, you'll avoid a lot of "noise" in getting to the pleasure of skiing. If you're an expert, you'll marvel at how much additional pleasure you can get from skiing just by eliminating some baggage. And, like me, you'll become an Inner Skiing evangelist, spreading this book around like Johnny Skiing-seed. Buy the book -- you're in for a real treat!

Dog_Uoll

I have been using the techniques in this book for probably 30 years of skiing. They are great. They are also applicable to other athletic activities, even beyond those for which he has written books. Once you know the very basics of skiing, I would strongly recommend this book as a way of fine-tuning your technique and progressing to more challenging terrain. Whenever I am having a bad day on the slopes, I reach into the inner skiing bag of tricks and straighten myself right out.

Preve

I take this book skiing with me whenever I go. I've internalised the concepts by now, but there are still some gems of ideas that are worth refreshing.

There are a little too many examples of taking students out to the slopes and seeing a breakthrough - anecdotal stories, but they do illustrate a valid point and are worth sticking to.

Bottom line is, you can teach yourself if you trust yourself and learn to receive feedback from your own body. You just have to work on shutting up the 'Self 2' that continually barks comments, judgements, technical tips, abuse or detrimental thoughts all the time.

I tend to push myself in most sports, but this book helped me channel that energy into something more constructive and pragmatic. I also teach my kids the techniques here and it has changed my whole outlook on how to learn and teach skiing, but also in other sports.

I like this book better than the Inner Golf Game, but there is a lot of cross-over in concepts.

Qudanilyr

This book is a must read, not only for my fellow ski & snowboard instructors, but for teachers of all subjects. With many examples it shows the reader various ways to guide students in learning by exploring and doing, rather than being passively "taught" or lectured to.

Mr_Mix

This book conveys in a very pleasant and interesting experiences the concept of learning any skill (I don't ski, I read this book to get better at mountain biking).

I can say it really opened my eyes regarding the process of learning and performing on my cycling, and I believe it will also show it signs on my every day life.

I would recommend this book to anyone who can keep an open mind and is interested in mastering any skill.

Felolv

I like the content. Having studied psychology in college I appreciate the viewpoint of the authors and their approach to the topic. It will have an effect on how I view my skiing but it won't change HOW I ski. If the book were better printed I'd give it four stars. The printing of the book is abysmal. Some of the headers run off the pages and the text is set in a FOUR POINT font. If you're over 45 and intend to comfortably read this book, you'll need your bifocals, a magnifier, and a bright light. The kindle version is surely better as the font size can be easily adjusted.

Unlike most of the ski books I read, this book helped me zero in on my attitudes-- all the little mental numbers I did on myself while trying to improve or just enjoy skiing. It helped me focus on areas I had problems with, without heaping criticism on myself. It changed the way I learned by teaching me constructive things to replace that inner critic with. "You look so loose and relaxed," an instructor who had worked with me before commented. This book shows you how to allow yourself to learn unencumbered by fears. Things I read here helped me when I learned to inline skate, and pavement is a lot rougher than snow.

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