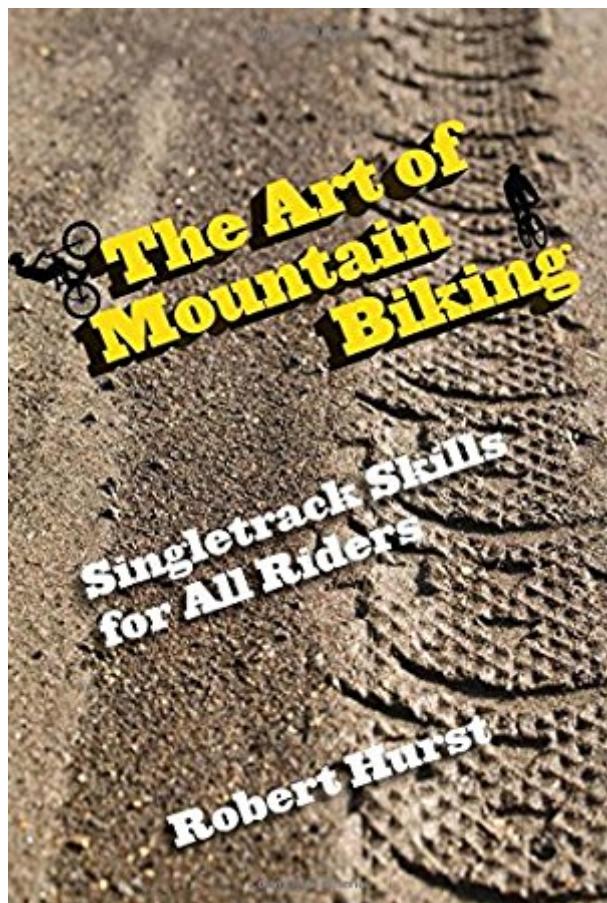


The book was found

# The Art Of Mountain Biking - Singletrack Skills For All Riders



## Customer Reviews

This is not a book to describe technique, or "how to". But this book goes where other books don't: what is in the mind of the mountain biker (or should be). There is so much to the mental aspect, and this book helps steer you in the right direction. As an example: cornering. Yes, there's a lot of technique there, but at the same time, it's dangerous to overthink. It's kinda like the surfer dude from *Forgetting Sarah Marshall*: "don't think, just do". This book is a fine complement to the other known MTB technique guides out there (Lee McCormak, Brian Lopes, Ned Overend, etc.)

Book was as advertised, arrived as forecast, and represents fair value for the money. The book is a g bit too loosey-goosey hippie jargon for my taste. In key places I have absolutely no idea what the author is trying to say with his mashup of mystical and Brazilian jujitsu in describing how to ride a mountain bike.

Great book--not just a "how to" but also a keen look environmental issues and riding, what you pack, how to ride in groups, trail etiquette, equipment (without getting into brands)... just a refreshing book to read about a sport I am really into.

Mostly philosophical writing about inner peace and environmentalism. Wanted more mountain biking techniques. The trail stories are pretty interesting, only two or three though.

GREAT READ! I purchased 4 additional copies to pass out to my ride buddies Nuff said.

Good read nothing too serious. Gets your mind where it needs to be for mtb. Helps more than u think it would.

Love this book.

Great book!

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