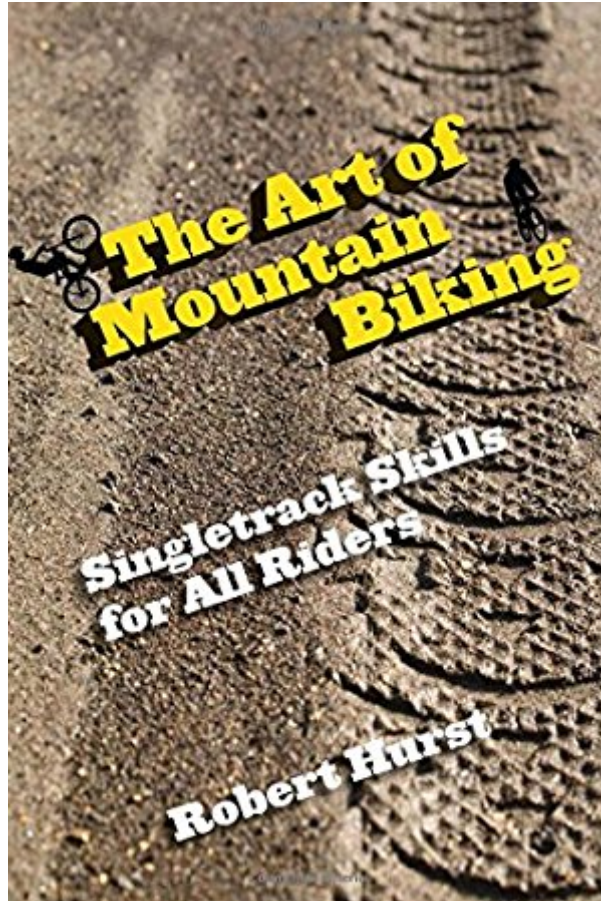


The book was found

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



## Customer Reviews

Should be titled "The Tao of Mountain Biking"! While other skills books like the excellent one by Clive Forth go into precise detail of how to bank a curve or pull a manual, this one discusses the mindset, physics, comparison to other sports, and everything else of why you need to learn those skills! It's also much less of a dry read than detailed skills books since Hurst avoids step by step instructions and (horrors) discussions of hardware. Who knew we would see discussion of serial killers, 38 Special, and horseback riding in a book about single track! I recommend this book in combination with Forths for a well rounded course in mountain biking skills.

Book was as advertised, arrived as forecast, and represents fair value for the money. The book is a bit too loosey-goosey hippie jargoned 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.

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 McCormack, Brian Lopes, Ned Overend, etc.)

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.

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

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

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Mountain Biking: The Complete Guide To Mountain Biking For Beginners (Mountain Biking, Biking, Mountain Bike For Beginners, Mountain Bike Skills) The Art of Mountain Biking - Singletrack Skills

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