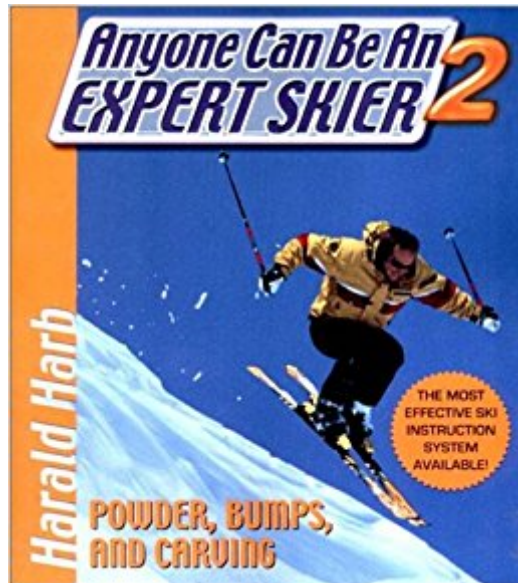




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Anyone Can Be An Expert Skier II: Powder, Bumps, And Carving



Synopsis

"As a skier and ski teacher, I have learned a lot from Harald Harb. His insights into the multiple makeup of expert skiing - equipment, biomechanics, and functional primary movements - are vital, accurate, and above all immediately useful. This book could spark a long overdue revolution in American ski instruction."-Lito Tejada-Flores, author of *Breakthrough on Skis*

Anyone Can Be an Expert Skier II is the eagerly awaited follow-up to Harald Harb's first book. With his first book, Harald Harb has demonstrated to thousands of skiers that using the right movements and equipment yields quick and obvious skiing improvement. *Anyone Can Be An Expert Skier II* picks up where Harb's first book ends: showing how to use the efficient technique of the Primary Movements Teaching System[®] to ski expert terrain with more ease and less effort than you thought possible. Suitable for the intermediate or advanced skier, this book builds a solid technique base with the Primary Movements Teaching System[®]. It then applies this technique to moguls, powder and crud, carving, and steeps. In *Anyone Can Be An Expert Skier II*, Harb continues to provide the most up-to-date information on equipment and alignment. Learn how equipment affects your ability to move and balance while skiing, and learn how to choose equipment that will help you meet your expert skiing goals.

Book Information

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Customer Reviews

Harald Harb, skiing innovator and pioneer of ski instruction, president of Harb Ski Systems, has made a life-long study of skiing technique. Born in Austria, he raced the World Cup circuit with the

Canadian National Ski Team, and later was Overall Champion on the Eastern US Regional Pro Circuit. As a coach, Harald directed ski racing programs that produced some of the United States' most successful National Team members and Olympic medalists. After working with recreational skiers, he was convinced that current teaching systems needed improvement; this led to his creation of the Primary Movements Teaching System¹⁵³. Harb is also a Technical Editor for Skiing magazine. He currently lives near Denver, Colorado.

This follow-up to the enormously popular "Anyone can be an Expert Skier 1", expands on the "Harb" Direct Parallel instruction techniques by adding much needed insight and information on skiing in a wide variety of mountain conditions--powder, crud, steeps, bumps--while mastering the art of carving. "Anyone can be an Expert Skier 2" is presented in a clear, easy-to-follow format. Colour photographs provide excellent illustrations of the skiing techniques described in the text. Carefully created photomontages provide the reader with step-by-step visuals that readily convey the teaching points of the "Harb" Direct Parallel method. The "Harb" Direct Parallel method of instruction is a radical departure from traditional ski instruction technique. I found that the moves and exercises he used in the books were easy to learn and emulate on the ski slopes. The speed of my improvements were mind blowing and the great thing about Harald's technique is that you can take it to any hill in any county and in any conditions. Clear and concise, effective and accessible, Anyone can be an Expert Skier 2--Powder, Bumps and Carving is appropriate for advancing level skiers.

The "Expert II" book from Harald Harb was worth waiting for. It is full of effective tips on how to become a better skier. The two books in this series are in my opinion THE books on skiing to own if your shelf space limits the selection to only two. (A third book to own would be "The Athletic Skier" by Warren Witherell.) Harb's new book is surely provocative (especially his ideas on stance width), but we need to remember that history proves that there are always new ideas coming along, and it would be stupid to dismiss them out of hand without trying them first. I have tried the new techniques taught in this exceptional book, and instantly I became a better skier. I ski with greater finesse, better control, a cleaner carve and I save a lot of energy. The bottom line is that this way of skiing is FUN!!

After being trained by self prescribed professionals of PSIA and being one myself for 25 years I have now found what was wrong with our methodology and technique. Reading this book and skiing with Mr. Harb and Ms. Rogers has re-ignited my love for skiing. The methodology is sound, the

results are overwhelming and skiing is more fun than ever. For anyone that is a skier or wants to become one, this is the way to sure success and fun. The book is easy to read, laid out well and from personal experience on the snow absolutely effective. Not applying this technique to your skiing or teaching would be a tragic loss of what skiing is all about. "Ski the Edge, Not the Wedge"

I have had the pleasure of skiing with Harald Harb and can truly attest to the fact that his method works. I have been a "stuck" intermediate skier for years and with a few new ideas from Mr. Harb I was on my way to breaking out of my rut! This new book provides excellent guidance and information for the skier and the COLOR photos are a sight to see. The photos break down the ideas into step-by-step lessons. Great idea! Also a companion video is advertised in the book and it is the most professional ski instruction video I have ever watched. I recommend both of Mr. Harb's books and videos to anyone who wants to have more fun on the mountain!

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