



# Sea Kayaking: A Woman's Guide

*Shelley Johnson*

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The only complete women's guide to sea kayaking. Shelley Johnson, a professional guide and kayak instructor, takes you through the process of becoming a kayaker, from deciding where you will paddle, to dealing with common fears and stumbling blocks.... .getting quality instruction. . .choosing your boat. . .learning paddling techniques. . .and planning your trips.

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