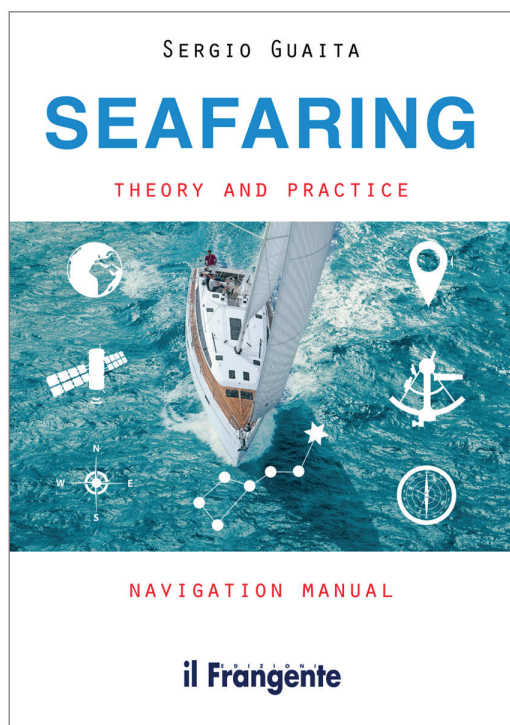


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The author

Sergio Guaita was born in Gravedona in the province of Como. He now lives in Lugano, where he founded the Yacht Club del Mare, of which he is currently the president.

His passion for sailing dates from the mid-60s, and will remain a constant in the years to come, despite the sometimes difficult balance between work and the call of the sea. In 1978, accompanied by his wife, he left in a 15-metre schooner for a one-year cruise around the Mediterranean and the Atlantic, sailing up the Guadalquivir River to Seville.

Since then, Sergio has continued his work as a skipper, trainer and organizer of sailing events. For the last twenty years he has regularly held courses for the achievement of the navigation licence and continues to apply his great enthusiasm for sailing to the organization of Club activities. He is also the author of other manuals published by il Frangente.