

Dance Is For Everyone

A bespectacled fiddle-playing cow and a pig twirling a sheep are featured in a barnyard dance. On board pages with a die-cut cover.

#1 NEW YORK TIMES BESTSELLER • OPRAH’S BOOK CLUB PICK • From the National Book Award-winning author of *Between the World and Me*, a boldly conjured debut novel about a magical gift, a devastating loss, and an underground war for freedom. *“This potent book about America’s most disgraceful sin establishes [Ta-Nehisi Coates] as a first-rate novelist.”—San Francisco Chronicle*
IN DEVELOPMENT AS A MAJOR MOTION PICTURE • Adapted by Ta-Nehisi Coates and Kamillah Forbes, directed by Nia DaCosta, and produced by MGM, Plan B, and Oprah Winfrey’s Harpo Films
NOMINATED FOR THE NAACP IMAGE AWARD • NAMED ONE OF PASTE’S BEST NOVELS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • The Washington Post • Chicago Tribune • Vanity Fair • Esquire • Good Housekeeping • Paste • Town & Country • The New York Public Library • Kirkus Reviews • Library Journal
Hiram Walker was born into bondage. When his mother was sold away, Hiram was robbed of all memory of her—but was gifted with a mysterious power. Years later, when Hiram almost drowns in a river, that same power saves his life. This brush with death births an urgency in Hiram and a daring scheme: to escape from the only home he’s ever known. So begins an unexpected journey that takes Hiram from the corrupt grandeur of Virginia’s proud plantations to desperate guerrilla cells in the wilderness, from the coffin of the Deep South to dangerously idealistic movements in the North. Even as he’s enlisted in the underground war between slavers and the enslaved, Hiram’s resolve to rescue the family he left behind endures. This is the dramatic story of an atrocity inflicted on generations of women, men, and children—the violent and capricious separation of families—and the war they waged to simply make lives with the people they loved. Written by one of today’s most exciting thinkers and writers, *The Water Dancer* is a propulsive, transcendent work that restores the humanity of those from whom everything was stolen. Praise for *The Water Dancer* “Ta-Nehisi Coates is the most important essayist in a generation and a writer who changed the national political conversation about race with his 2015 memoir, *Between the World and Me*. So naturally his debut novel comes with slightly unrealistic expectations—and then proceeds to exceed them. *The Water Dancer* . . . is a work of both staggering imagination and rich historical significance. . . . What’s most powerful is the way Coates enlists his notions of the fantastic, as well as his fluid prose, to probe a wound that never seems to heal. . . . Timeless and instantly canon-worthy.”—Rolling Stone

The founder of the Dance Psychology Lab, Dr. Peter Lovatt, reveals the surprising cognitive and emotional benefits of dancing and prescriptive ways to dance yourself happy. Dancing isn’t just good exercise. Surrendering yourself to the beat can have a far-reaching impact on all areas of your life –it can help you communicate better, to think more creatively, and can be a powerful catalyst for change. Losing yourself in the moment to a song or piece of music can also alleviate anxiety, depression, and feelings of isolation. Dr. Peter Lovatt has found. Drawing on great stories from dance history as well as fascinating case studies from his Dance Psychology Lab and his own life, Dr Lovatt shares his best steps and routines, as well as top dance anthems to inspire everyone—even those who believe they “can’t dance”—to turn the music on, stand up, and dance themselves happy. The Dance Cure is filled with surprising prescriptions covering a variety of needs, revealing how a particular type of dance can help. Looking to become more

empathetic? Pair up for a Scottish country dance Eager to enhance your creativity? Shake it up with contemporary dance Need to de-stress? Let loose with punk-era pogo Looking to prolong your life? Zumba is the secret In need of showing yourself more love? Go solo as you trip the light fantastic. Want to bolster your self-confidence? Try ballet and belly dance. An irresistible blend of science and whimsy, The Dance Cure shows you how to turn the beat—and your life—around.
For the first time in over 75 years, three of the ‘lost’ plays presented by the famed Group Theatre are now back in print. A huge part of American Theatrical History is now available to the public! The book features ‘1931’ by Claire and Paul Sifton, and ‘Success Story’ and ‘Gentlewoman’ by John Howard Lawson. Foreword by the legendary Estelle Parsons, with additional material by George Barteneff, Jonathan Chambers, Jeffrey Lawson and Allie Mulholland. ‘1931’ by Claire & Paul Sifton is the story of Adam, who is fired from his warehouse job at the start of the play. Proud and determined, he sets out to find another job, only to find hundreds of other men in the same situation. Without a paycheck, Adam soon realizes how much he has to lose: health, dignity, hope, and possibly even the young shop girl he loves. Alternately, it is the story of all the men, young and old in Adam’s situation. These are the men who sleep in the parks, beg for coins and even turn to crime when there seems to be no other option. When their story and Adam’s comes to a head at the gripping finale, there is only one way left to turn: revolution. One of the preeminent playwrights of the early 20th century, John Howard Lawson was the first playwright to have 2 plays presented by the Group Theatre. SUCCESS STORY is a classic tale of ambition, the American Dream and what actually constitutes “success.” Set in the New York advertising agency, we follow the rise of Sol Ginsburg and his struggles for contentment, before and after, the 1929 stockmarket crash. In 1934, The Group presented Mr. Lawson’s GENTLEWOMAN. It is the story of socialite, Mrs. Gwyn Ballantine, who falls for the “inspired Bohemian” Rudy Flannigan. After it is discovered her husband has been committing scandalous business deals, Gwyn is tempted to pursue her passions for the poet Flannigan, despite their conflicting social standing. Can she turn her back on her privileged status and extravagant tastes in the name of love?

Coloring Book Children

A Contemporary Ballet Novel

Not Everyone Poops

Giraffes Can't Dance

Dance, everyone dance

The Last Seven Pages

How to Decorate a Christmas Tree Drawing Coloring Book Step by Step Hours of Family Fun Winter Holiday Activity Book A Wonderful Forever Keepsake or Decoration Makes Lovely Handmade Greeting Card Gifts (see Back for Instructions & Creativity Exercise Ideas)

He was famous for telling stories. He could always make the story interesting. He had a way of seeing the best or funniest of every situation. He wrote down over 180 of his best stories in his last few years for all his family and friends. You will laugh, and relate to the stories of childhood, school years, and growing up during the depression. From his northern New Jersey, small town home he shares what it was like growing up in the 20's and 30's. From logging to working with horses, the stories provide a great view of the life style from that time period.

This poetic and uplifting picture book illustrated by the #1 New York Times bestselling illustrator of *We Are the Gardeners* by Joanna Gaines follows a young girl born with cerebral palsy as she pursues her dream of becoming a dancer. Like many young girls, Eva longs to dance. But unlike many would-be dancers, Eva has cerebral palsy. She doesn't know what dance looks like for someone who uses a wheelchair. Then Eva learns of a place that has created a class for dancers of all abilities. Her first movements in the studio are tentative, but with the encouragement of her instructor and fellow students, Eva becomes more confident. Eva knows she's found a place where she belongs. At last her dream of dancing has come true.

A devoted employee of the FIA (Federal Intelligence Agency), Eurian lives a comfortable and secure life, spanned with bureaucratic conflicts and desires for promotion. He will find himself thrust into an international conflict to track down and stop a subversive cyberterrorist movement. His desire for a foreign assignment will finally be met, but not in the way he expected. Assigned to Kerploueck, a sleepy village at the far edge of the world, he will be forced to let go of the comfort and stability of his previous lifestyle. With this temporary assignment, the complacent bureaucrat finds himself a spy-but with none of the excitement and adventure he had dreamed of. He now must find new objectives to survive this wholly uninteresting assignment. What happens to the FIA and to the success of the worldwide search for the subversive cyber-terrorists will slowly drift away from Eurian's mind. Interestingly enough, when this book was started, internet spying, hacking, and cyberterrorism were rhetorical discussions. Today, we live in a different reality. Truth and facts are not as important as swaying unmindful, gullible populations. George Orwell's "alternative facts" are common place and universally acceptable. With the ocean of information now accessible to anyone, individuals, organizations, and even governments are scrambling to control its sources and promulgate their agendas. This is the essence of "The Happy Fools." Following Eurian and his unanticipated quest for truth, many topics of modern society will be discussed. This book also serves as a compendium of the latest technologies, sciences, ideas and movements. Focusing primarily on the most pertinent latest developments, each providing hope and insights that could change our lives. The underlying prerequisite of being happy is to avoid stress and the unknown. Therein lies a potential philosophical issue. Shutting the doors to outside turmoil, to world problems and issues, is a good safeguard for happiness. Close-mindedness brings confidence, as the world's problems appear simple and the solutions two-sided. Inversely, knowledge creates a spirit of inquiry, a burning desire for more knowledge, spurring new questions that beg for answers, ultimately resulting in a loss of conviction and an understanding that we will never truly understand the world in its endless complexities. Do we choose closed-minded confidence, or a life dedicated to the pursuit of knowledge with the uncertainties, frustrations, and complexities that it yields?

Choose This Day

Everyone Can Dance

Pole Dancing Guide

(see Back for Instructions and Creativity Exercise Ideas)

How to Become an Arena Cheerleader for NFL(†), NBA(†), and Other Pro Cheer Teams

The Dance of Death

Pole dancing is a great way to get in shape and it can be used by people of all body types. Whether you are thick and curvy or thin and already in shape, learning how to pole dance can do amazing things for your body. Have you ever imagined yourself pole dancing? Have you ever caught yourself looking at a pole dancer and wishing it was you doing these amazing tricks? Fortunately, there is a way to, and this book will show you just how to get started. You will learn about some amazing and mind-blowing beginner activities to help you with your pole dancing journey This book contains the secrets that will have you pole dancing to get fit and feel sexy. Grab your copy now and transform your body!

"Against the pitched backdrop of pointe shoes and bloody blisters, Elinor Roth confronts her decaying dream. She is unlikely to become a leading ballerina. Longing for affection, she leaps into the arms of Jon Hansen, a seemingly nice music conductor. When the fling ends, Elinor abandons her stalling ballet career and moves to New York. The city’s contemporary dance scene stirs her imagination, and she enters into a showcase that will launch her as a visionary choreographer. Unable to forget Elinor, Jon joins her and struggles to become a composer. Soon, he grows dependent on Elinor for inspiration and alarmed by her dwindling affection. Determined to keep Elinor as his muse, Jon devises a plan to take her far away from dance. When she uncovers his deceit, Elinor must decide how far she will blur the line between life and art."--provided by publisher.

As Ruben Wells kneels with a gun pointed at his head all he can do is reflect on the life he spoiled. What has led him here? Was it his willingness to always try to do the right thing that has him staring at the barrel of a gun? Or was that he was too much of a people pleaser having a hard time saying no that has led to him begging for his life? Every thing begins and ends with a choice. The moment a choice is made it only takes a second for a life to change. Ruben made a choice to initiate a relationship with the alluring Bianca Jones. She makes heads turn and every man’s head ache. He is beautiful as a lioness, as able as a warrior but as unyielding as a lioness. Being married doesn’t keep her from wanting to pursue Ruben as well as being pursued by him. Getting involved with Bianca changes Ruben’s life in ways he never could have imagined. Choices are gift constantly given to everyone. The choices made lead to different paths. We all have to choose this day what we’re going to do with our own lives not knowing what the end result will be. What kind of impact will Ruben’s choices have on his life? One summer can change everything. Jacinda Prescott spent one life-changing summer in Sweet Breeze Bay, New Zealand, and left disaster in her wake. Since then, she’s thrown herself into her music career, and her life in LA. But when the price of fame threatens to become more than she’s willing to pay, the distant bay calls her back. Liam Ward walked away from everything he knew after the death of his talented brother, the guy Jacinda loved and lost. When he finally returns to the bay, looking for closure, she’s the last person he expects to find-and the last woman he should fall for. Stuck as neighbors for the summer, their off-limits attraction is hotter than the South Pacific sun. But the secret that ties them together is the one thing that could destroy her career, and break their hearts all over again...if they let it.

Wildwood Dancing

Dancers Between Realms

The Surprising Science to Being Smarter, Stronger, Happier

True Stories

A Sweet Hot Summer Novel

Singing in the Rain

AN INSTANT #1 NEW YORK TIMES BESTSELLER "A charming, wholehearted love story that’s sure to make readers swoon."–Entertainment Weekly "Nicola Yoon writes from the heart in this beautiful love story."–Good Morning America "It’s like an emotional gut punch–so beautiful and also heart-wrenching."–US Weekly In this romantic page-turner from the author of *Everything, Everything and The Sun* is Also a Star, Evie has the power to see other people’s romantic fates–what will happen when she finally sees her own? Evie Thomas doesn’t believe in love anymore. Especially after the strangest thing occurs one otherwise ordinary afternoon: She witnesses a couple kiss and is overcome with a vision of how their romance began . . . and how it will end. After all, even the greatest love stories end with a broken heart, eventually. As Evie tries to understand why this is happening, she finds herself at La Brea Dance Studio, learning to waltz, fox-trot, and tango with a boy named X. X is everything that Evie is not: adventurous, passionate, daring. His philosophy is to say yes to everything—including entering a ballroom dance competition with a girl he’s only just met. Falling for X is definitely not what Evie had in mind. If her visions of heartbreak have taught her anything, it’s that no one escapes love unscathed. But as she and X dance around and toward each other, Evie is forced to question all she thought she knew about life and love. In the end, is love worth the risk? When a ventilator prevented her from speaking during her final hours, Jennifer started writing. After her death, her husband turns to those pages to tell her story of courage and faith. James had just walked through the door after a day’s work when Jennifer told him the news that changed everything: it was cancer. In the following two years they would lose their sense of normalcy and their dreams for the future. But along the way, they would gain something even greater than their loss. Told through the eyes of a grieving husband is this true story of a young woman’s fight for her life. Jennifer’s final words, penned by hand when a ventilator prevented her from speaking, provide a powerful backdrop to this journey of faith and hope. A memoir that also offers a practical pathway for those struggling with loss, *The Last Seven Pages* is a testimony of a God who is present in our darkest moments, and who turned a devastating illness into a life-changing promise.

When an alligator shows up to class one day, Mrs. Iraina and her ballet students are very surprised. But she is able to follow along, so they decide it's okay for her to join. The class starts calling her Tanya and even creates a new dance to showcase her larger-than-life talents and big, swishy tail: "The Legend of the Swamp Queen." Tanya has the starring role.

Illustrations are simple, rhyming text encourage the reader to wiggle, shake, and twirl to the beat.

I Am Not My Hair:

Dance with Me

Medallic Art of the First World War

A Chance to Dance

One Distant Summer

Essential Guide to Pole Dancing for Everyone

Snowboarding Is For Everyone aims to educate and demonstrate how accessible and enjoyable snowboarding really is to all. Uncover essential tips and practical guidance on: Choosing the correct snowboarding gear Rider safety Anatomy of a snowboard Selecting a snowboard for kids Women and snowboarding Physical fitness and exercise for men, women and children Step by step snowboarding lessons for beginners Gaining confidence on the slopes Skill improvement snowboarding jargon and slang And more! Build confidence on the slopes with step by step instructions Beginners will learn the basics with 9 easy to follow lessons which include snowboarding stance, mounting your snowboard, turning and how to traverse. Are you planning a snowboarding holiday with your family? Prepare for your trip with suitable information that is catered for anyone taking up the wonderful activity of snowboarding. Guidance on fitness for kids to board styles for women and men are provided. The sport of snowboarding is a fantastic activity and the author makes snowboarding accessible to men, women and children alike, whether you are a total beginner or keen to sharpen up your technique. Learn the skills that you need to become competent and be aware of the information you need to stay safe on the slopes.

The Belly Dance Handbook is the definitive resource for anyone committed to this incredible ancient art. Starting from the ground up, internationally acclaimed dancer and author Princess Farhana shares her extensive knowledge on the practical application of belly dancing as a lifestyle. For new dancers just beginning their journey to seasoned performers, there is something in this book for everyone. With information ranging from technique and history to costuming, props and stage make up; from community-building and networking to turning professional, teaching and traveling, you will learn invaluable tips and tricks culled from Her Majesty’s twenty-plus years of performing, teaching, researching and performing experience. Princess Farhana learned these things the hard way...so you won’t have to! “No matter what style of belly dance you do, or if you didn’t know there is more than one style, you need this book in your arsenal. Everyone will learn from this world-renowned dance master’s experiences. After all, not just anyone earns the title Princess!” -Kajira Djoumahna, author of *The Tribal Bible* "Princess Farhana entertainingly brings you everything (really everything!) you need to know about navigating the treacherous waters of becoming a professional dancer...or a consummately polished performer. Sew a secret compartment in your dance bag for Princess Farhana’s gem of a book, and take control of your destiny!" -Marta Schill, author of *The Compleat Belly Dancer* "Princess Farhana brings us all closer to the dancers we would like to somehow become, the dancers we want to grow up to be. She is absolutely glittering, shimmering and pulsating with life - which is what you want in a dancer, a teacher, an artist, a friend, a mentor, and a force of nature." -Margaret Cho, comedian, actor, dancer

Fighting is the only way to survive. Single mom Ruby Lewis dreamed of becoming a ballerina. Instead of performing for the rich and famous, she’s swinging her fists at girls twice her size in filthy underground fights. Begging for her next meal, she often thinks of the only boy she ever cared about. But when he shows up at one of her fights, she’s not ready to run into his arms. Instead, she’s ready to go five rounds with him in the ring. Hoping to sign with one of the biggest boxing promoters in the country, Kross Maxwell must maintain a near-perfect record. He can’t afford to lose any more bouts, but his head isn’t in the ring. To get back in the game, he goes in search of the girl he walked away from, the one who still owns his heart. As Kross struggles for Ruby’s attention, and Ruby strives to get her daughter out of foster care, they both must let go of the past if they want any chance to build a family. This book can be read as a standalone. ABOUT THE SERIES: The Maxwell Series is about four brothers who are all about family, duty, honor, and will do anything to protect those they love. Be prepared for all the feels as Kade, Kelton, Kross, and Kody put their hearts on the line. For a better reading experience, it’s recommended to read the books in order. 1. Dare to Kiss 2. Dare to Dream 3. Dare to Love 4. Dare to Dance 5. Dare to Live 6. Dare to Breathe 7. Dare to Embrace Topics: new adult, new adult romance, family saga, alpha male, family, triplets, romance series, sensual romance, kissing books, s.b. alexander, brothers, career, rockstar romance, heartwarming romance, love story, soulmate, contemporary romance, angsty romance, long series, swoon, all the feels, heartwarming, steamy, sexy, beach reads, emotional, possessive hero, family saga, boxing, sports, romance, second chance romance, baby, mafia, mob, feisty heroine.

Illustrations and easy-to-read, rhyming text portray a wide variety of people enjoying dance in many form. Includes brief notes about each dance style depicted.

The Dance Between

Everybody Dance!

Snowboarding Is For Everyone

The Happy Fools

Chic and the Politics of Disco

Instructions for Dancing

Hairmagans, Friendship, Big Dreams. The previously scheduled life Maya Hatton planned has been interrupted for an emergency broadcast announcement. A news station manager threatens to destroy over twenty years of brand and image building with a new contract from hell. Her husband Roddrecoz moved into the rental property and refuses to move home without explanation. Instead of finding confidence, fun, and freedom as she enters her mid-fifties she's faced with crises. Fans believed she had it all together but her dream team lost a member, a villain hijacked her fairy tale marriage and now she needs to remember how to be the Maya everyone thinks she is or lose the best thing she ever had. *Natural Sistahs series is written by an African American author whose chosen her natural hair since 1998. While one of many indie published black authors she considers her books appropriate for the women's fiction category though most would be shelved in the black fiction, black books, African American women's fiction, or black women's fiction section in most physical bookstores.*

Simcha Guterman's, Leaves from Fire, is a firsthand account written with the deep sense of comprehension he was documenting the fate of his people. Knowing full well that his life was in danger, Simcha chronicled the occurrences of the Holocaust on long scraps of paper, as they happened right before his eyes. The events described take place in Poland, during the first years of World War II. The author stuffed long paper scraps, written in Yiddish, into bottles and hid in them in different places. One of these bottles was discovered after the war. Simcha Guterman's work has been published and translated into eight different languages, receiving high praise from critics. The book's evocative illustrations were drawn by Yaakov Guterman, the author's son. This is your chance to let your crayons dance on paper! Coloring, like dancing, is an art form that encourages self-expression. However, coloring is a brain-boosting activity that also train both regions of the brain to work together. As a result, you get a mash-up of logic and creativity reflected in the following pages. Begin coloring today!

The bestselling Giraffes Can't Dance is now a padded board book! Giraffes Can't Dance is a touching tale of Gerald the giraffe, who wants nothing more than to dance. With crooked knees and thin legs, it's harder for a giraffe than you would think. Gerald is finally able to dance to his own tune when he gets some encouraging words from an unlikely friend. With light-footed rhymes and high-stepping illustrations, this tale is gentle inspiration for every child with dreams of greatness. Discover this classic story, now in a padded board book format perfect for babies and toddlers!

Barnyard Dance!

A Complete Guide to the Serious Dancer

How to Decorate a Christmas Tree Drawing Coloring Book Step by Step Hours of Family Fun Winter Holiday Activity Book A Wonderful Forever Keepsake Or Decoration Makes Lovely Handmade Greeting Card Gifts

Leaves from Fire

The Piece

The Lost Group Theatre Plays

*Do you watch professional sports with one eye on the game, and the other on the beautiful, glamorous and energetic cheerleaders? If you picked up this book, then you dream of cheering on the sidelines at an NFL®, NBA®, or other professional-level sporting event. This book will break down the pro dance team audition process to give you the courage and confidence to show up on the day of auditions, as well as critical success tips to help you get selected. *Keep your little girl with autism who just wants to be free to be herself and dance in a place where she feels safe and happy. Her mom decides to start A Chance to Dance, a class where all children are included. Based on the true story of the North Carolina dancers who are showing the world that they are not limited by their diagnoses, this book shows you just how much children can accomplish when they're given a chance and treated with kindness. The Empath. The word has found its way into our consciousness accompanied by ideas of healing, sharing emotion and pain. Empaths are sensitive, caring, responsive people who have at the core of their nature an innate ability to receive energy, information and awareness from others with a depth and intensity that is beyond our customary understanding of empathy. Yet, this very receptivity and permeability brings its own challenges. It is vital for empaths to recognize themselves as such and to consciously explore, understand and address this energetic flow in their life. Self-inquiry is the essential tool that motivates and colors your experience of the world. The book explores in depth this receptivity, as well as tools, concepts and approaches to support understanding and how to flourish with this heightened sensitivity. This book is a shared journey, edited from years of workshops and sessions with Elisabeth Fitzhugh and the Orion group.**

The life and times of the quintessential disco band.

Oh Charlie

Karl's Story

I'm a Ballerina

The Water Dancer

Dance Is for Everyone

Professional Cheerleading Audition Secrets

With an uncanny relevance to today's world and inspired by the life of its author, Karl's Story, is a WW II child refugee's tale of resilience, hope and courage as told through the narrative of her beloved teddy bear, Karl. A story perfect for all ages: read to children by parents, grandparents and teachers alike. It has been read many times to middle elementary grades. A book to be handed down from parent to child to child for generations to come. Karl, "a very old teddy bear," has a magic gift- he can tell stories to children who are still young enough to understand to talk. Karl's Story begins in Europe. It's about Karl, the young girl Karin, and Mimi the mind reading cat. ... how the three friends experience and survive WW II and then escape from communism to a new and hope-filled life with his beloved friend Karin. Their journey, their story, enchants children but in the sense of The Little Prince speaks timelessly to adults as well. Karl's Story tells of European refugees and is as relevant today as then. The chaos of the time turned the world of the three friends upside down, slowly at first, from no more whipped cream at birthday parties to ever more frequent air raids, crashing bombs, and a harrowing train ride, with Karl and Mimi stuffed in Karin's old wicker trunk. In the journey Karin loses all she ever knew or loved, but goes on to rebuild her world in America. The book is categorized as Children's Fiction because of its charming cover and talking stuffed animals but is inspirational to young and old alike, and a perfect antidote to the still troubled times; this is indeed a book for all.

High in the Transylvanian woods, at the castle Piscu Draculi, live five daughters and their doting father. It's an idyllic life for Jena, the second eldest, who spends her time exploring the mysterious forest with her constant companion, a most unusual frog. But best by far is the castle's hidden portal, known only to the sisters. Every Full Moon, they alone can pass through it into the enchanted world of the Other Kingdom. There they dance through the night with the fey creatures of this magical realm. But their peace is shattered when Father falls ill and must go to the southern parts to recover, for that is when cousin Cezar arrives. Though he's there to help the girls survive the brutal winter, Jena suspects he has darker motives in store. Meanwhile, Jena's sister has fallen in love with a dangerous creature of the Other Kingdom-an impossible union it's up to Jena to stop. When Cezar's grip of power begins to tighten, at stake is everything Jena loves: her home, her family, and the Other Kingdom she has come to cherish. To save her world, Jena will be tested in ways she can't imagine--tests of trust, strength, and true love.

"Beth Brinkmann is not a little girl anymore, but not quite a young woman. Raised in a good home by loving parents in a comfortable little southern town where everyone knows everyone else, she realizes she has a good life. But there are growing pains. Some are small, like trying to adapt to waves of new kids at a different junior high. Others are deeply moving, such as watching the mother of a close friend suffer from multiple sclerosis. Beth, however, has the moxie of her father. She overcomes her fear of dogs, finds the courage to serve as mascot of the Mimosa High School football team, and learns to make friends of all ages (including an unlikely one who encourages her budding talent as an artist). And as the bond between father and daughter deepens, Beth is even able to provide Max with some much-needed insight into the difficult relationship he continues to have with his own elderly father. Josef."--Taken from front flap of book cover.

An illuminating gift for the dancer in your life, this entertaining book reveals the mental and physical benefits of dance—and the scientific reasons behind why humans are designed for it. Dancing is one of the best things we can do for our health. In this ground-breaking and fun-to-read book, two neuroscientists (who are also dancers) draw on their cutting-edge research to reveal why humans are hardwired for dance show how to achieve optimal health through dancing Taking readers on an in-depth exploration of movement and music, from early humans up until today, the authors show the proven benefits of dance for our heart, lungs, bones, nervous system, and brain. Readers will come away with a wide range of dances to try and a scientific understanding of how dance benefits almost every aspect of our lives. Dance prevents and manages illness and pain: such as Diabetes, arthritis, back pain, and Parkinson's. Dance can be as effective as high intensity interval training; but without the strain on your joints and heart. Dance boosts immunity and lowers stress; it also helps reduce inflammation. Dance positively impacts the microbiome; and aids in digestion, weight loss, and digestive issues such as IBS. Dance bolsters the mind-body connection: helping us get in tune with our bodies for better overall health. We're lucky that one of the best things we can do for our health is also one of the most fun. We're lucky that one of the best part: dance is something anyone can do. Old or young, injured or experiencing chronic pain, dance is for everyone, everywhere. So, let's dance! Types of dance featured in the book: Partner dance (salsa, swing dancing, waltz) Ballet Hip hop Modern Jazz Line dancing Tap dancing And more!

The Belly Dance Handbook

Henrietta James

Everyone Leaves Behind a Name

Empath Energy, Beyond Empathy

Break Dancing for Beginners Coloring Book

Dare to Dance

Zoe loves ballet, but her friends on Sesame Street show her some moves from a variety of dance styles. On board pages.

Dance Is for Everyone

Engulfed in anxiety, frustration and constant constipation, Henrietta Martha James spends her time writing angry letters to Taro Gomi, the acclaimed author of "Everyone Poops." She is demanding a formal apology...an explanation...the possibility of rewrites...or at least a change to the title of his book because she, Henrietta, does not poop. Well, not like "everyone" does.Growing up with an illness that doctors struggle to diagnose, Henrietta constantly hears how she is "supposed" to be, while discovering that "normal" does not apply to her – at least not the way her body works. A humorous and painful real-life journey into the world of digestive disorders, her story brings to light one of life's dirty little secrets. Not Everyone Poops.

An anthology of essays, newspaper articles, magazine stories written by Michael Brick with added commentary by colleagues and acquaintances.

Everybody Dance

I Will Dance

A Novel

The Science of How Moving to a Beat Is Good for Body, Brain, and Soul

The Dance Cure

The Tyler family had the perfect life - until sixteen-year-old Leah decided she didn't want to be perfect anymore.While Leah's parents fight to save their daughter from destroying her brilliant future, Leah's younger sister, Justine, must cope with the damage her out-of-control sibling leaves in her wake. Will this family survive? What happens when love just isn't enough?Jodi Picoult fans will love In Leah's Wake - a heartbreaking, ultimately redemptive story about family, connection and our responsibility to those we love.

Your little ballerina will love this coloring book. Filled with inspiring dance images, this will get those little feet moving and brains working well. When coloring, a child becomes familiar with colors, shapes, lines and forms. The activity also helps improve social and communication skills for interaction with others. Grab a copy of this coloring book today!

Two Days to Live. What Would You Write? a Memoir of Hope

Dancing Is the Best Medicine

Everybody Can Dance!

A Complete Guide; Begimer Lessons, Safety, Clothing, Board Choices and Much More.

In Leah's Wake