

Dancing Through It My Journey In The Ballet

There are eight seasonal festivals (referred to as sabbats) that make up the "Wheel of the Year". "Dancing the Sacred Wheel" draws on the author's own personal experience of following a traditional Pagan spiritual path and creating ritual over 20 years in southern Australia. Combining traditional Pagan lore with history in order to develop a relationship with her local environment, the author also offers invaluable pointers as to how to incorporate the localised elements into something that also provides a 'traditional' feel. "Dancing the Sacred Wheel" not only provides an in-depth look the folklore and myth associated with each sabbat, but also discusses ways of creating specific rituals and observances that acknowledge each seasonal 'gateway' when the local environment is reflecting something completely different. "Dancing the Sacred Wheel" challenges the reader, regardless of which hemisphere they reside, to draw inspiration from their environment, and to create their own unique Wheel of the Year.

When your very life is a minefield, only faith, friends, and family will get you through... Dancing through Minefields is a truly explosive story of will and wisdom. Protagonist Anne Schroeder walks the reader through a life of danger, abuse, and fear; avoiding landmines as she protects her children and unwaveringly keeps her eyes on the light at the end of the tunnel. Which will terrify you more? Mike, who threatens her safety and sanity, or Breast Cancer, which threatens her womanhood, sexuality, and her very life? Will she survive one only to be taken down by the other? Debut author Carol Feller creates a magnificent story of courage in the midst of fear, confronting real issues with corresponding emotionally-charged accounts of Anne's fight against both spousal abuse and Breast Cancer. "Descriptions were most apt and put me right in the story. Your story is compelling, convincing and uplifting." Lois Hjelmstad, author of Fine Black Lines "What you had to say was powerful, in spite of being very sad..." Jane Lukic, lyricist and performer, Breath after Breath from album After the Storm "Vivid, relatable, and above all, encouraging!" Rachel Mitchell Library Director

Presents the journal of Toni Bentley's life as a dancer for the New York City Ballet, her day-to-day activities, and the emotional struggles that members of George Balanchine's troupe faced. The National Book Award-winning novel of a young girl's coming of age, from the author of Send Me Down a Miracle. Twelve-year-old Miracle McCloy never liked the story of her remarkable birth, but her grandmother Gigi has always loved telling it. An expert in occult magic, Gigi insists that when Miracle was saved from her dead mother's womb, it was an omen of greatness to come. But how can Miracle become a prodigy like her father when sometimes she feels like she doesn't even exist? When her father suddenly vanishes without a trace, Miracle's life starts feeling less miraculous by the day. The only time she feels whole is when she's dancing—an activity her grandmother strictly forbids. But shortly after her thirteenth birthday, a life-

threatening incident puts her whole world in a harsh new light. And though she does not emerge unscathed, Miracle might finally see the truth about her past, her family, and herself. "Extraordinary . . . Nolan does a masterful job of drawing readers into the girl's mind and of making them care deeply about her chances for the future." –School Library Journal (starred review) "Elaborately drawn characters that will surprise readers at every turn . . . Compelling." –Booklist (starred review)

Dancing for the Devil

A Father, Two Kids, And A Journey To The Ends Of The Earth

Inside the Land of Ballet

The Daily Show (The Book)

Dancing in the Dash

A Mother and Daughter's Journey from Victim to Victorious

A Woman's Journey from Christian Tradition to the Sacred Feminine

One of the most beloved film musicals of all time, *The Wizard of Oz* represents an enduring family favorite and cultural classic. Yet there is much more to the story than meets the eye, and the MGM movie is just one of many ways in which it has been represented. In this lively and wide-ranging book, editors Danielle Birkett and Dominic McHugh bring together insights from eleven experts into the varied musical forms this great American myth has taken in the past century. Starting with the early adaptations of L. Frank Baum's story, the book also explores the writing, composition and reception of the MGM film, its importance in queer culture, stage adaptations of the movie, cult classic *The Wiz*, Stephen Schwartz's Broadway blockbuster *Wicked*, and the cultural afterlife of the iconic Arlen-Harburg songs. What emerges is a vivid overview of how music - on stage and screen - has been an essential part of the story's journey to become a centerpiece of American culture.

Amy Purdy, who inspired a nation on *Dancing with the Stars* and has been called a hero by Oprah Winfrey, reveals the intimate details of her triumphant comeback from the brink of death to making history as a Paralympic snowboarder. In this poignant and uplifting memoir, *Dancing With the Stars* sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two percent chance of survival. In a near-death experience, she saw three figures who told her: "You can come with us, or you can stay. No matter what happens in your life, it's all going to make sense in the end." In that moment, Amy chose to live. Her glimpse of the afterlife—coupled with a mysterious premonition she'd had a month before—became the defining experiences that put Amy's life on a new trajectory after her legs had to be amputated. She wouldn't just beat meningitis and walk again; she would go on to create a life filled with bold adventures, big dreams, and boundless vitality—and share that spirit with the world. In 2014, Amy—the only competitor, male or female, with two prosthetic legs—claimed a bronze medal for the U.S. Paralympic team in adaptive snowboarding. She then became a contestant on season eighteen of *Dancing With the Stars*, and viewers were

captivated as the girl with bionic legs managed to out-dance her competitors all the way to the finale. Amy's journey is a testament to the resilience of the human spirit and the capacity we all have to dream bigger, defy expectations, and rewrite our stories. Amy was given a second chance for a reason—to use her life to inspire others. Her powerful memoir urges us to live life to the fullest, because we are all a lot more capable than we could ever imagine.

Traces the author's year-long rise through the ranks of top ballroom dancers, and describes her experience during which she learned the grueling process of mastering dance techniques.

Release the Kingdom through Dance! You can experience God's presence and healing power through dance. Encountering God Through Dance equips believers to worship Jesus in wholehearted devotion—to express love without fear or shame. What people are saying: Encountering God Through Dance is the wonderful journey of a radical lover of God...and a manual for instruction and inspiration. —Bill Johnson, Senior Pastor, Bethel Church This is by far the most refreshing book I have read in a long time. Saara Taina has given her life to a core area of life that is far too marginalized in many churches. —Marc A. Dupont, Mantle of Praise Ministries, Inc. Rarely do you see a book that offers passion, testimonies, and biblical expertise so that others can be fully equipped. —Theresa Dedmon, Director of Prophetic Arts, Bethel Church We have personally experienced the breakthrough power of the dance many, many times in Succat Hallel, our 24/7 worship room that overlooks Mount Zion in Jerusalem. —Rick and Patti Ridings, Succat Hallel The author's personal journey of devotion through dance has taken her worldwide. She wraps her exciting travels with a solid biblical framework for the importance of dance in the Kingdom of God—on earth, today!

A Time to Dance

Dancing with Bees

The Gods of Tango

Dancing on Broken Glass

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

Where Snowflakes Dance and Swear

From Losing My Legs to Learning the Dance of Life

A powerfully written novel offering an intimate look at a beautiful marriage and how bipolar disorder and cancer affect it, Dancing on Broken Glass by Ka Hancock perfectly illustrates the enduring power of love. Lucy Houston and Mickey Chandler probably shouldn't have fallen in love, let alone gotten married. They're both plagued with faulty genes—he has bipolar disorder, and she has a ravaging family history of breast cancer. But when their paths cross on the night of Lucy's twenty-first birthday, sparks fly, and there's no denying their chemistry. Cautious every step of the way, they are determined to make their relationship work—and they put it all in writing. Mickey promises to take his medication. Lucy promises not to blame him for what is beyond his control. He promises honesty. She promises patience. Like any marriage, they have good days and bad days—and some

very bad days. In dealing with their unique challenges, they make the heartbreaking decision not to have children. But when Lucy shows up for a routine physical just shy of their eleventh anniversary, she gets an impossible surprise that changes everything. Everything. Suddenly, all their rules are thrown out the window, and the two of them must redefine what love really is. An unvarnished portrait of a marriage that is both ordinary and extraordinary, Dancing on Broken Glass takes readers on an unforgettable journey of the heart.

The internationally acclaimed new book that takes you behind the scenes to reveal how ballet really happens: In a scuffed-up studio, a veteran dancer transmits the magic of an eighty-year-old ballet to a performer barely past drinking age. In a converted barn, an indomitable teacher creates ballerinas as she has for more than half a century. In a monastic mirrored room, dancers from as near as New Jersey and as far as Mongolia learn works as old as the nineteenth century and as new as this morning. Snowflakes "zooms in on an intimate view of one full season in the life of one of America's top ballet companies and schools: Seattle's Pacific Northwest Ballet. But it also tracks the Land of Ballet to venues as celebrated as New York and Monte Carlo and as seemingly ordinary as Bellingham, Washington and small-town Pennsylvania. Never before has a book taken readers backstage for such a wide-ranging view of the ballet world from the wildly diverse perspectives of dancers, choreographers, staggers, teachers, conductors, musicians, rehearsal pianists, lighting directors, costumers, stage managers, scenic artists, marketers, fundraisers, students, and even pointe shoe fitters--often in their own remarkably candid words. The book follows characters as colorful as they are talented. Versatile dancers from around the globe team up with novice choreographers and those as renowned as Susan Stroman, Christopher Wheeldon, and Twyla Tharp to create art on deadline. At the book's center is Peter Boal, a former New York City Ballet star in his third year as PNB's artistic director, as he manages conflicting constituencies with charm, tact, rationality and diplomacy. Readers look over Boal's shoulder as he makes tough decisions about programming, casting, scheduling and budgeting that eventually lead the calm, low-key leader to declare that in his job, "You have to be willing to be hated." "Snowflakes" shows how ballet is made, funded, and sold. It escorts you front and center to the kick zone of studio rehearsals. It takes you to the costume shop where elegant tutus and gowns are created from scratch. It brings you backstage to see sets and lighting come alive while stagehands get lovingly snarky and obscene on their headsets. It sits you down in meetings where budgets get slashed and dreams get funded--and axed. It shows you the inner workings of "Nutcracker," from kids' charming auditions to no-nonsense marketing meetings, from snow bags in the flies to dancing snowflakes who curse salty flurries that land on their tongues. It follows the tempestuous assembly of a version of "Romeo and Juliet" that runs afoul of so much pressure, disease, injury, and blood that the dancers begin to call it cursed.

"Snowflakes" uncovers the astounding way ballets, with no common form of written preservation, are handed down from generation to generation through the prodigious memories of brilliant athletes who also happen to be artists. It visits cattle-call auditions and rigorous classes, tells the stories of dancers whose parents sacrificed for them and dancers whose parents refused to. It meets the resolute woman who created a dance school more than fifty years ago in a Carlisle, Pennsylvania barn and grew it into one of America's most reliable ballerina factories. It shows ballet's appeal to kids from low-income neighborhoods and board members who live in mansions. Shattering longstanding die-for-your-art cliches, this book uncovers the real drama in the daily lives of fiercely dedicated artists in slippers and pointe shoes-and the musicians, stagehands, costumers, donors and administrators who support them. "Where Snowflakes Dance and Swear: Inside the Land of Ballet" brings readers the exciting truth of how ballet actually happens. From New York Times bestselling and award-winning author and American Ballet Theatre principal dancer Misty Copeland comes an illustrated nonfiction collection celebrating dancers of color who have influenced her on and off the stage. As a young girl living in a motel with her mother and her five siblings, Misty Copeland didn't have a lot of exposure to ballet or prominent dancers. She was sixteen when she saw a black ballerina on a magazine cover for the first time. The experience emboldened Misty and told her that she wasn't alone—and her dream wasn't impossible. In the years since, Misty has only learned more about the trailblazing women who made her own success possible by pushing back against repression and racism with their talent and tenacity. Misty brings these women's stories to a new generation of readers and gives them the recognition they deserve. With an introduction from Misty about the legacy these women have had on dance and on her career itself, this book delves into the lives and careers of women of color who fundamentally changed the landscape of American ballet from the early 20th century to today.

SHORTLISTED FOR THE 2020 WAINWRIGHT PRIZE The Sunday Times Best Nature Writing Books 2020 A naturalist's passionate dive into the lives of bees (of all stripes)—and the natural world in her own backyard Brigit Strawbridge Howard was shocked the day she realised she knew more about the French Revolution than she did about her native trees. And birds. And wildflowers. And bees. The thought stopped her—quite literally—in her tracks. But that day was also the start of a journey, one filled with silver birches and hairy-footed flower bees, skylarks, and rosebay willow herb, and the joy that comes with deepening one's relationship with place. Dancing with Bees is Strawbridge Howard's charming and eloquent account of a return to noticing, to rediscovering a perspective on the world that had somehow been lost to her for decades and to reconnecting with the natural world. With special care and attention to the plight of pollinators, including honeybees, bumblebees, and solitary bees, and what we can do to help them, Strawbridge Howard shares fascinating details of the lives of flora and fauna that have filled her days with ever-increasing

wonder and delight.

Winter Season

Birth of a Dancing Star

Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You

Being a Ballerina

Encountering God Through Dance

Shadow Dancing: My Journey as My Wife Came Out of the Closet

The Dance of the Dissident Daughter

Struggling to make her way in Buenos Aires after the murder of her husband, seventeen-year-old Leda masters the violin and disguises herself as a man so that she can join a troupe of tango musicians and perform in public.

Like generations of little girls, Lauren Kessler fell in love with ballet the first time she saw *The Nutcracker*, and from that day, at age five, she dreamed of becoming a ballerina. But when she was twelve, her very famous ballet instructor crushed those dreams—along with her youthful self-assurance—and she stepped away from the barre. Fast forward four decades. Lauren—suddenly, powerfully, itchy restless at midlife—embarks on a "Transcontinental Nutcracker Binge Tour," where attending a string of performances in Chicago, New York, Boston, and San Francisco reignites her love affair with the ballet—and fuels her girlhood dream. What ensues is not only a story about *The Nutcracker* itself, but also an inside look at the seemingly romantic-but oh-so-gritty-world of ballet, about all that happens away from the audience's eye that precedes the magic on stage. It is a tale told from the perspective of someone who not only loves it, but is also seeking to live it. Lauren's quest to dance *The Nutcracker* with the Eugene Ballet Company tackles the big issues: fear, angst, risk, resilience, the refusal to "settle in" to midlife, the refusal to become yet another Invisible Woman. It is also a very funny, very real look at what it's like to push yourself further than you ever thought you could go—and what happens when you get there.

"Micheline's beautiful book provides easy-to-follow instructions on how to operate your reset button so that you can tap into divine consciousness and manifest all of your potential." — David Mager; Managing Member - Deepak Chopra Dream Weaver LLC
Do you ever feel as if you're searching for yourself? Do you sense that there are parts of you that have been lost—fears, longings, and potential that are beyond your reach? In *The Dolphin's Dance*, Micheline Nader shares a carefully constructed process for shedding light on, and reclaiming, those lost parts of the self. Her 5-stage process enables you to bring conscious awareness to the complex package of emotions, beliefs, and behavior patterns. Through illuminating personal stories, structured exercises, and accessible examples, this book shows you how to free yourself from the imprints of the past and deconstruct the false identities that limit your potential for joy, creativity, and self-expression.

This book will assist you greatly if you or someone you know has PTSD, and it seems impossible to shake the Anxiety and Depression. Overcoming unhealthy cycles of abuse, wrong attitudes, and corrupt thinking is not easy. However, the hard work pays off; I am no longer in a psychological prison, my soul has been set free, and I have made it through the darkest 7-years of my life. Anxiety was always a part of my perceived everyday life from childhood; it became increasingly difficult to manage in

adulthood. The Depression worsened in my late 40's when [PTSD] uninvitedly reared its ugly head. It takes great courage to face demons that cause us to live in fear, doubt, and confusion, robbing us of our health, finances, and yes, even our very lives if we do nothing about it. Each mountain I overcame gave me the strength and courage to continue to press on until my breakthrough arrived. If you are unwell or supporting someone facing mental challenges, this book will encourage you not to give up. You may not see it now, but the road ahead has keys to help you unlock the doors to your healing. I long to see people set free from the tormenting mind games and anguish that kept me captive most of my life. Should you choose to invest in yourself now by dealing with the unresolved emotion attached to painful memories, you will find life is not that bad after all. Enough is enough! I want my life back. How about you?

Dancing Through Fire

Dancing Through Life

Dancing Through Minefields

The Power and Perfection of a Dancing Life

On My Own Two Feet

Dancing to My Heartbeat

Dancing Through the Storm

In her first picture book since the bestselling and award-winning Firebird, Misty Copeland tells the story of a young Misty discovering her love for dance through the ballet of Coppelia. On her first day of class Misty is absolutely captivated by the narrative of the story and entranced by the dance. Nervous, yet excited, Misty decides to audition for one of the lead roles. As she prepares for the audition and, eventually, the performance, Misty learns to lean on her newfound friends for inspiration and rely on her own can-do spirit to dance her very best. Featuring themes of teamwork, friendship, dedication, and hard work, children everywhere will be inspired to reach for their dreams in Misty's exciting new picture book series, Bunheads.

After losing his brother to cancer and a painful divorce that left him the sole charge d'affaires of two decidedly spirited children, environmental reporter Daniel Glick knew he and his little family desperately needed some karmic rejuvenation. He opted for an epic adventure. In the summer of 2001, Dan, Zoe, and Kolya packed up and set off on a six-month tour to see the world's most exotic and endangered habitats. Monkey Dancing takes readers along for this incredible journey. From the python-infested rivers of Borneo to the highest summits of Bali, from Nepal's Gangeatic Plains to Australia's Great Barrier Reef, Glick recounts the adventures they met with, the challenges they confronted, and how they learned to cope with grief, loss, and one another. Along the way, he offers intimate reflection on life, fatherhood, change, and the fragile health of our troubled planet. Acclaimed by reviewers, a BookSense Parenting bestseller, Monkey Dancing is a "poignant, affirming, ultimately courageous book"—Audubon Magazine.

Sylvie dreams of being a prima ballerina. When the Franco-Prussian war begins in 1870, Sylvie is thrown into turmoil and tragedy. Sylvie must rely on the strength that ballet gives her in order to survive and achieve her goal.

"Originally published in hardcover in slightly different form in the United States by Alfred A. Knopf, an imprint of Random House Children's Books, New York, in 2014"--Title page verso.

One Woman's Journey from Beginner to Winner

Adapting The Wizard of Oz

Finding Rhythm

A Dancer's Journey Living with Fibromyalgia

Musical Versions from Baum to MGM and Beyond

My Story of Empowerment, Diplomacy, and Resilience

Steps of Courage and Conviction

Dancing Through It My Journey in the Ballet Penguin

"I was amazed to find that I had no idea how to unfold my spiritual life in a feminine way. I was surprised, and, in fact, a little terrified, when I found myself in the middle of a feminist spiritual reawakening." — Sue Monk Kidd For years, Sue Monk Kidd was a conventionally religious woman. Then, in the late 1980s, Kidd experienced an unexpected awakening, and began a journey toward a feminine spirituality. With the exceptional storytelling skills that have helped make her name, author of *When the Heart Waits* tells her very personal story of the fear, anger, healing, and freedom she experienced on the path toward the wholeness that many women have lost in the church. From a jarring encounter with sexism in a suburban drugstore, to monastery retreats and to rituals in the caves of Crete, she reveals a new level of feminine spiritual consciousness for all women — one that retains a meaningful connection with the "deep song of Christianity," embraces the sacredness of ordinary women's experience, and has the power to transform in the most positive ways every fundamental relationship in a woman's life — her marriage, her career, and her religion. This Plus edition paperback includes a recent interview with the author conducted by the book's editor Michael Maudlin.

Steal away to Italy for a hot summer, a sexy dare, and a romance that was never supposed to happen. For fans of *The Gentleman's Guide to Vice and Virtue* and *Love and Gelato* -- this is the escapist read you've been looking for! Bea is an outspoken English girl determined to break with family tradition and pave her own path. After embarrassing her parents at a dinner party designed to find her a husband, Bea is invited to spend an eye-opening summer in Italy with her uncle's artistic bohemian friends. There, she meets Ben, a brilliant artist -- and a brilliant flirt. When sparks fly between them, a challenge is set: can they create the perfect summer romance? There's just one rule: they absolutely, positively cannot fall in love. "Richly drawn and painfully relevant. A delightful and fresh retelling of *Much Ado About Nothing*." ---Katharine McGee, NYT bestselling author of *American Royals*

Dancing in the Dash tells the inspiring and compelling story of a woman whose experiences have taken her around the world. Lauri Fitz-Pegado has had a remarkable life performing in the arts, embracing activism and advocacy, and working in the world of policy, politics, and diplomacy. She became a career diplomat, a presidential appointee in the Clinton Administration at the Department of Commerce under Secretary Ron Brown, and she met with renowned world leaders. Ballet provided ballast and grace throughout the rigors of her life and career, beginning with her training at the prestigious Jones-Haywood School of Ballet in Washington, DC. The author explores her life's journey, and how her training in dance helped establish the skills—balance, endurance, perseverance—that informed her approach to the challenges that she faced, both professionally and personally, as an African American woman. This memoir is particularly relevant today, during our national conversation reassessing our assumptions, our past, as well as our path forward. In telling her story, the author reveals her insights and observations about history and its consequences, about opportunity and obstacles, and about loss and redemption.

Under a Dancing Star

Monkey Dancing

Dancing Through It

A Journey Back to Nature

My Journey in the Ballet

From War Orphan to Star Ballerina

Discover Your True Self Through a Powerful 5-Step Journey into Conscious Awareness

Anny Donewald had a seemingly charmed childhood as the daughter of a top basketball coach. Then, when she was thirteen, one of her father's players began to abuse her, setting her on a path of self-destruction which led ultimately into the explosive world of the sex industry. After Anny competed in an amateur night at a strip club, she found herself sucked into the subculture of drugs, money, and prostitution, dancing in Las Vegas and Chicago's hottest sex venues. But the fantasy of fistfuls of hundred-dollar bills quickly turned into the reality of bloodstains on bathroom floors, during nights with clients in luxurious hotels. At an emotional breaking point, pondering the termination of her unborn son, Anny reached the gates of her personal hell. The atheist did the unthinkable, and cried out to God. This captivating memoir reveals how women from all walks of life can find themselves trapped in the sex trade and illustrates that God loves them no matter what. Dancing for the Devil is a heart-breaking and fascinating story of darkness, grace, and ultimately, the healing power of love.

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning *The Daily Show* with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show* with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show*'s most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, *The Daily Show* has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows. A behind-the-curtains look at the rarefied world of classical ballet from a principal dancer at the New York City Ballet. From the heart-pounding moments waiting in the wings before a performance to appearing on Oprah to discuss weight and body image among dancers, *Dancing Through It* is moving and revelatory.

A dancer's journey through hardships, self-discovery, and healing with an invisible illness--chronic pain in the form of Fibromyalgia. A hopeful story that anyone with, or who knows someone with, a chronic illness can relate to. Completely transparent, Jamie shares what it feels like to live with chronic pain each day, and how she copes with pain, relationships, all while living the most fulfilling life she possibly can. 5,6,7,8 is a figurative hand to hold for those suffering from chronic illness and those wanting to learn more about what life looks like for the chronically ill.

Black Ballerinas

A Dancer's Journal

My Journey as a Belly Dancer

Taking Flight

Raising the Barre

An International Dance Journey

My Journey Towards Overcoming Post-Traumatic Stress, Anxiety, Depression and Insomnia

Included in Publishers Weekly's Big Indie Books of Fall 2017 feature "Morse and Yi (the team behind What Is Punk?) highlight hip-hop's cultural hegemony via an impressively encyclopedic parade of rhyming biographies. Yi's meticulously styled clay figures are as magical as in the previous book, combining profound expressiveness with the playfulness of action figures. Her compositions are equally evocative, ranging from video snippets (the Beastie Boys strike a pose from 'Intergalactic') to formal portraits (Kanye West, Missy Elliott, Kendrick Lamar) and metaphorical ones (Jay Z stands amid New York City skyscrapers)." --Publishers Weekly "In rhythmic, rhyming verse, Morse offers a genealogy of hip-hop royalty that begins with the Boogie Down Bronx's DJ Kool Herc and Grandmaster Flash and walks readers into today with Nicki Minaj, Drake, and Kendrick Lamar. In between the origins and now, readers find a rare gender-inclusive narrative of hip-hop history that uplifts B-girls like Queen Latifah and Missy Elliott along with legendary male groups such as NWA and Wu-Tang...The magnificent 3-D clay illustrations...include an intricately produced remake of Tribe Called Quest's legendary 'Midnight Marauders' cover. Tying these images back to their original sources makes for quite the history lesson. Make sure to keep a device nearby. A must-read reference for any hip-hop family." --Kirkus Reviews "Verdict: these books are pretty damn cute." --The Current (Minnesota Public Radio), What is Punk? and What is Hip-Hop? are Rock and Roll Book Club selections "An ideal picture book for children ages 3 to 7, What Is Hip-Hop? is as entertaining as it is informative and will prove to be an enduringly popular addition to family, daycare center, preschool, elementary school, and community library collections." --Midwest Book Review "Eric Morse is back with a follow-up that shines a similar PG spotlight on the hip-hop arena and its players, from Run-DMC and Queen Latifah to Salt-N-Pepa and Tupac. Artist Anny Yi returns, too, with delightful clay figurines to accompany Morse's beat-astic rhyming verse." --Tory Burch Daily Blog Praise for What is Punk? "A punk primer for the youngest set. Yi's incredibly detailed clay figures are a kinetic and inspired art choice. As [Morse] points out, the best way to learn about punk is just to listen. If invested adults love the topic, a shared reading experience can't be beat." --Kirkus Reviews "What Is Punk? is a fun, sophisticated, and beautifully illustrated introduction to the music genre for kids--or adults." --New York Daily News "In the beginning, there was a

beat..." So begins *What is Hip-Hop?*--a playful guided tour of one of the most revolutionary pop culture movements of the twentieth century. Beginning with block parties in the Bronx, *What is Hip-Hop?* brings the reader up to the present day, with rhyming verses and engaging 3-D clay illustrations. It's a fun, accessible, and informative read for B-boys and B-girls of all ages. In the follow-up to their acclaimed and beloved hit *What Is Punk?* author Eric Morse and artist Anny Yi reunite to celebrate the music that changed their lives and the voices that achieved iconic status along the way. See Run-D.M.C., LL Cool J, Beastie Boys, Salt-N-Pepa, Biggie and Tupac, Eminem, and even Nicki Minaj and Kendrick Lamar, as you've never seen them!

One woman embarked on a dance journey around the world, finding out how each dance tells a story of its country and learning how beautiful life can be when you take the lead. If you could do anything you wanted, what would it be? Aliénor Salmon was working as a happiness researcher in Bangkok when a friend asked her the question that turned life as she knew it on its heels. A novice dancer but experienced social researcher, the Franco-British Aliénor headed west from Bangkok to dance her way through Latin America. As she learns eighteen dances, each native to the countries she visits, she engages with esoteric customs, traditions, and cultures. Through conversations and arduous studio hours, she learns that every step, pivot, and shake thrums with an undeniable spirit of place. And that in a world where we are over-connected but increasingly disconnected from one another, dance offers an authentically human experience. One that allows her to develop tolerance, kindness, truth, and love by holding the hands of a stranger and gazing into their eyes for the time of a song. With her fearless and candid approach, Aliénor will inspire you to take the reins of your own life—and have some fun along the way. In this dance-travelogue, you'll learn the history and steps of dances like salsa, samba, and tango, enjoy a resplendent meditation on happiness and wanderlust, and receive a life-affirming answer to the question: How do I take the first step?

Candace Cameron Bure has grown up before our eyes and we've watched as she's balanced life in Hollywood with her faith for many years. But that all reached new heights when she was given the opportunity to join the cast of *Dancing With the Stars*. Being on the show was one of her dreams come true; and with that dream came the opportunity to display her Christian faith in front of millions of people, through an intense season of stretching beyond her limits, and to run the race God gave her with joy and perseverance. Join Candace as she reflects on the self-discovery that came through leaping out of her comfort zone. Go behind the scenes and experience the highs and lows, the roadblocks, and the personal victories. Hear straight from her heart on tough lessons learned about grace, rejection, perfectionism, disappointment, accountability, dealing with criticism, and more. Through God's strength, and with the help of endless support from her family and friends, see how Candace stayed true to herself and publicly lived out her faith in Christ all the way to the finale. How do you stand with conviction in your world? Where does your courage come from when faced with challenges? How do you live out your faith on a daily basis despite opposition? Your stage probably isn't in Hollywood and the challenges you are facing may not be on live television, but they are no less real. Come along with Candace as she shares how she found the courage to stand with conviction on one of the largest platforms of her life.

Padma Venkatraman's inspiring story of a young girl's struggle to regain her passion and find a new peace is told lyrically through verse that captures the beauty and mystery of

India and the ancient bharatanatyam dance form. This is a stunning novel about spiritual awakening, the power of art, and above all, the courage and resilience of the human spirit. Veda, a classical dance prodigy in India, lives and breathes dance—so when an accident leaves her a below-knee amputee, her dreams are shattered. For a girl who's grown used to receiving applause for her dance prowess and flexibility, adjusting to a prosthetic leg is painful and humbling. But Veda refuses to let her disability rob her of her dreams, and she starts all over again, taking beginner classes with the youngest dancers. Then Veda meets Govinda, a young man who approaches dance as a spiritual pursuit. As their relationship deepens, Veda reconnects with the world around her, and begins to discover who she is and what dance truly means to her.

Ballerina Body

Dancing on the Edge

My Journey to Our Legacy

The Dancing Bride

5,6,7,8: Dancing Through the Pain

My Journey from Cradle Catholic to Cyborg Christian

A Year of Dancing Dangerously

A look inside a dancer's world Inspiring, revealing, and deeply relatable, Being a Ballerina is a firsthand look at the realities of life as a professional ballet dancer. Through episodes from her own career, Gavin Larsen describes the forces that drive a person to study dance; the daily balance that dancers navigate between hardship and joy; and the dancer's continual quest to discover who they are as a person and as an artist. Starting with her arrival as a young beginner at a class too advanced for her, Larsen tells how the embarrassing mistake ended up helping her learn quickly and advance rapidly. In other stories of her early teachers, training, and auditions, she explains how she gradually came to understand and achieve what she and her body were capable of. Larsen then re-creates scenes from her experiences in dance companies, from unglamorous roles to exhilarating performances. Working as a ballerina was shocking and scary at first, she says, recalling unexpected injuries, leaps of faith, and her constant struggle to operate at the level she wanted--but full of enormously rewarding moments. Larsen also reflects candidly on her difficult decision to retire at age 35. An ideal read for aspiring dancers, Larsen's memoir will also delight experienced dance professionals and fascinate anyone who wonders what it takes to live a life dedicated to the perfection of the art form.

After fleeing a terror-filled marriage of twenty-three years, Deborah Lysholm, a professional dancer, summoned unbelievable courage and passion to start a new life for herself and daughter, Kristin. A cosmic slingshot propelled them into an unknown universe, traversing discriminatory court battles, including a first-ever domestic violence trial in civil court, and staking their place in the performing arts by building a celebrated performing arts center. Along their journey from darkness to light, they captured the attention of entertainment luminaries, and embarked on exhilarating world travels, discovering the women they were meant to be. Deborah and Kristin's inspiring odyssey is a hero's journey as they go from victim to victorious. Dancing to My Heartbeat is a candid, insightful, and educational memoir that answers the question, "Why

didn't you just leave?" It conveys the beauty ahead when you do. How do you mend the pieces of a broken heart? When Elizabeth finds herself at the crossroads of her life after a broken relationship, feeling a little lost and a little uncertain of her future, not knowing what direction to take, she embarked on a holiday to Morocco as a break from her daily routine, where she became captivated and inspired after watching the performance of an Arabic Belly Dancer in one of the Hotels. Elizabeth returned home and signed up for classes, little realizing that the course would change her life forever. But what temptations lay along that glittering road and would Elizabeth be able to resist? My Journey as a Belly Dancer is Elizabeth's true story that delves into the glitz and dangers of a world she found herself caught up in, when she began dancing in a Turkish Cypriot restaurant in London. Fascinating, insightful and compelling, it is also an inspiring tale of how anyone can find something new within themselves when they believe all is lost.

Shadow Dancing is my story and the stories of other men whose wives came out of the closet as lesbians and left them for a woman. This began for me after my wife of 13 years started a relationship (without my knowledge) with a woman. I was totally blindsided. I realized men seldom talk about hurt and pain, and they definitely do not talk about their wives leaving them for a woman and how it impacts their lives. This is how it impacted me and these men.

What Is Hip-Hop?

Dancing the Sacred Wheel

One woman's dramatic and divine rescue from the sex industry

Bunheads

Big Dreams, False Starts, and My Midlife Quest to Dance the Nutcracker

The Dolphin's Dance

The celebrated ballerina and role model shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

"A glimpse into the fragile psyche of a dancer." –The Washington Post Jenifer Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and

weight. Ballet aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review. An unusually upbeat account of life on the stage, Dancing Through It is also a coming-of-age story and an inspiring memoir of faith and of triumph over the body issues that torment all too many women and men.