

The Dance Of Life The Other Dimension Of Time

How does literature imagine its own powers of representation? Françoise Meltzer attempts to answer this question by looking at how the portrait—the painted portrait, framed—appears in various literary texts. Alien to the verbal system of the text yet mimetic of the gesture of writing, the textual portrait becomes a telling measure of literature’s views on itself, on the politics of representation, and on the power of writing. Meltzer’s readings of textual portraits—in the Gospel writers and Huysmans, Virgil and Stendhal, the Old Testament and Apuleius, Hawthorne and Poe, Kafka and Rousseau, Walter Scott and Mme de Lafayette—reveal an interplay of control and subversion: writing attempts to veil the visual and to erase the sensual in favor of “meaning,” while portraiture, with its claims to bringing the natural object to “life,” resists and eludes such control. Meltzer shows how this tension is indicative of a politics of repression and subversion intrinsic to the very act of representation. Throughout, she raises and illuminates fascinating issues: about the relation of flattery to caricature, the nature of the uncanny, the relation of representation to memory and history, the narcissistic character of representation, and the interdependency of representation and power. Writing, thinking, speaking, dreaming, acting—the extent to which these are all controlled by representation must, Meltzer concludes, become “consciously unconscious.” In the textual portrait, she locates the moment when this essential process is both revealed and repressed. A beautiful husband and nature featuring bakus, set in a quiet corner of Japan. An old lady and her granddaughter enjoy strolling through the countryside in the middle of summer. The grandmother explains to the little girl all about the wonderful world of bees, and why these beautiful insects are so important for life on our planet. Years later, the granddaughter returns with her son to the place where her grandmother’s house once stood, and thanks to the dance of the bees, discovers something they’ll never forget. Bestselling author Harriet Lerner focuses on the challenge and the importance of being able to express one’s “authentic voice” in intimate relationships. The key problem in relationships, particularly over time, is that people begin to lose their voice. Despite decades of assertiveness training and lots of good advice about communicating with clarity, timing, and tact, women and men find that their greatest complaints in marriage and other intimate relationships are that they are not being heard, that they cannot affect the other person, that fights go nowhere, that conflict brings only pain. Although an intimate, long-term relationship offers the greatest possibilities for knowing the other person and being known, these relationships are also fertile ground for silence and frustration when it comes to articulating a true self. And yet giving voice to this self is at the center of having both a relationship and a self. Much as she did in THE MOTHER DANCE, Lerner will approach this rich subject with tales from her personal life and clinical work, inspiring and teaching readers to speak their own truths to the most important people in their lives.

More than a self-development book for hardworking women, this guide is a catalyst for balancing the way they work and live. It helps women create clarity about dancing to their own tunes while maintaining balance between work and life.

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

How to Build Yourself Up When the World Gets You Down

The Dance of the Sea

Masks of Mexico

A Woman’s Guide to Courageous Acts of Change in Key Relationships

The Surprising Science to Being Smarter, Stronger, Happier

This is the first volume devoted to the topic of dance and quality of life. Thirty-one chapters illuminate dance in relation to singular and overlapping themes of nature, philosophy, spirituality, religion, life span, learning, love, family, teaching, creativity, ability, socio-cultural identity, politics and change, sex and gender, wellbeing, and more. With contributions from a multi-generational group of artists, community workers, educators, philosophers, researchers, students and health professionals, this volume presents a thoughtful, expansive-yet-focused, and nuanced discussion of dance’s contribution to human life. The volume will interest dance specialists, quality of life researchers, and anyone interested in exploring dance’s contribution to quality of living and being.

Amidst the glamour of high society, a tawdry secret will change Lily’s life forever... 1958. The last year debutantes will be presented at court to the young Queen Elizabeth and officially come out into society. To appease her traditional mother, aspiring university student Lily Nicholls agrees to debut and do the Season – a glittering and grueling string of endless balls and cocktail parties. There she befriends two women: aloof Leana Hartford, whose apparent perfection hides a darker side, and ambitious Katherine Norman, who dreams of a career after helping her parents find their place among the elite. But the sparkle of the Season dims when Lily learns a devastating secret that threatens to destroy her entire family. Faced with a murky past, what will she choose for her future: her family legacy, or her own, uncertain happiness? A fast-paced and compelling historical novel for fans of Kate Morton and The Crown. Praise for The Last Dance of the Debutante “Between the crinkling of crinolines and the popping of champagne corks, Last Dance of the Debutante leads us on a glorious dance through the traditional glamour and suffocating expectations of a bygone era.” Genevieve Graham, bestselling author of Letters across the Sea “Julia Kelly elegantly brings to life the last official presentation of debutantes at court with her exquisitely researched and beautiful written detail. This story was so decadent, I wanted to don silk and crinoline and read it with a glass of champagne.” Madeline Martin, New York Times bestselling author of The Last Bookshop in London “Refreshing, intriguing, oozing with elegance, and with three female leads who will keep you thoroughly engrossed, a charming gem of a novel which will delight fans of The Crown.” Hazel Gaynor, New York Times bestselling author of The Lighthouse Keeper’s Daughter “An insightful and engaging look at this neglected subject ... an unforgettable journey of a young woman’s liberation.” Piper Huguley, author of By Design: the story of Ann Lowe, Society’s Best-Kept Secret “Peels back layers of lush glamour and the extraordinary expectations of the London Season to give us a glimpse into a world teetering on the brink of change and the choices facing those who navigated it. Woven with heartfelt emotion, this novel is a captivating, unforgettable story of one woman’s journey to find love, truth, and, most importantly, herself.” Kelly Bowen, author of The Paris Apartment “Kelly’s descriptions of the glamorous, though long nights, are captivating. The pressure these young women feel to impress and make the right match is exhausting, and Kelly evokes compassion for her characters. The story is full of allure, society scandals, and the determination for these young women to eschew the dying traditions of the time.” Booklist “The engrossing narrative dishes out the right amount of tension while moving the plot forward at a satisfying pace... Kelly succeeds at bringing a bygone world to life.” Publishers Weekly

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.

This guide outlines the steps women, as well as men, can take to strengthen good relationships and heal difficult ones. It is also available on two 90-minute audio-cassettes from HarperAudio.

A stunning and compelling saga of secrets and forbidden love

The Dance of Anger

On My Own Two Feet

Spiritual Direction with Henri Nouwen

Start a Revolution with Your Body, Alone in Your Room.

Life Is a Dance

The New Science of How a Single Cell Becomes a Human Being

The Dance of LifeThe New Science of How a Single Cell Becomes a Human BeingBasic Books

The Dance of the Sea is a tale of fisherfolk that live in an obscure coastal slum village situated in the southernmost tip of the Indian Subcontinent. It is the place where Sebastian becomes an engineer, rising up among the illiterate ruffian masses that have nerves of steel and a proclivity for ethnocentric violence. Sebastian deserts Gloria after their many trysts climax in a passionate lovemaking among the moonlit coconut grove where both lose their virginity. Gloria lives independently and becomes a rare and multi-faceted personality—a successful painter, an entrepreneur, and a social worker—hiding well past Sebastian in fame and wealth. Torn between warring in-laws and his poverty-stricken sister Rebecca, Sebastian takes sides with the in-laws, leaving his sister in a financial predicament. She suffers from the overuse of loan usury to purchase a fishing trawler. Gloria supports Rebecca as much as she can in financial crises. Nature is unkind to them. The tsunami in 2004 wreaks devastating destruction, thousands of fisherfolk die like flies, and their properties return to the depths of the sea. The tsunami ends Gloria’s life as well. The rivalry between mechanised fishing and traditional vallam fishing escalates as arsonists set the fishing trawlers afire, including the one owned by Rebecca. Will Sebastian rescue his sister Rebecca from the aftermath of misfortunes? Will the karma of deserting Gloria haunt Sebastian forever? What is that secret which Gloria has kept undisclosed to Sebastian all along? What shapes the psyche of these Catholic fisherfolk, the fish in religion or sorcery? Reader will discover not only the answers, but also the dark tunnels of suspense and awe-inspiring unique lifestyles of humanity unknown to the rest of the world.

The world is big. Anna is small. The snow is everywhere and all around. But one night . . . One night, her mother takes her to the ballet, and everything is changed. Anna finds a beauty inside herself that she cannot contain. So begins the journey of a girl who will one day grow up to be the most famous prima ballerina of all time, inspiring legions of dancers after her: the brave, the generous, the transcendently gifted Anna Pavlova. Beautiful, inspirational, and triumphant, Anna Pavlova’s life is masterfully captured in this exquisite picture book. In this new anthology, Michael Andrew Ford gathers Henri J.M. Nouwen’s selections that encourage us to embrace our imperfections and find the transforming power of God at work within them. Spiritual refreshment and guidance through the darkness, loneliness, and turmoil of life’s challenges.

The Dance Cure

How to Talk to Someone When You’re Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate

Portraits of Mimesis in Literature

The Dance of Connection

The Dance of Life

Salome and the Dance of Writing

The Dance

Election campaigns, political events, and national celebration days in Malawi usually feature groups of women who dance and perform songs of praise for politicians and political parties. However, as Lisa Gilman explains, inThe Dance of Politics, “praise performing” is one of the few ways that poor women are allowed to participate in a male-dominated political system in which issues of gender, economics, and politics collide in surprising ways. Along with its solid grounding in the relevant literature,The Dance of Politicsdraws strength from Gilman’s first-hand observations and her interviews with a range of participants in the political process, from dancers to politicians.

A collection of inspirational advice helps readers overcome adversity and cope with the challenges and painful aspects of life, offering tools that show how to attain peace of mind and embrace the world

A glimpse into the mind and life of one of the most creative and enigmatic visionaries of our time, filmmaker Alejandro Jodorowsky • Retraces the spiritual and mystical path Jodorowsky has followed since childhood, vividly repainting events from the perspective of an unleashed imagination • Explores the development of the author’s psychomagic and metagenology practices via his realization that all problems are rooted in the family tree • Includes photos from Jodorowsky’s appearance at the 2013 Cannes Film Festival and from the film based on this book, which debuted at Cannes Retracing the spiritual and mystical path he has followed since childhood, Alejandro Jodorowsky re-creates the incredible adventure of his life as an artist, filmmaker, writer, and therapist—all stages on his quest to push back the boundaries of both imagination and reason. Not a traditional autobiography composed of a chronological recounting of memories, The Dance of Reality repairs events from Jodorowsky’s life from the perspective of an unleashed imagination. Like the psychomagic and metagenology therapies he created, this autobiography exposes the mythic models and family templates upon which the events of everyday life are founded. It reveals the development of Jodorowsky’s realization that all problems are rooted in the family tree and explains, through vivid examples from his own life, particularly interactions with his father and mother, how the individual’s road to true fulfillment means casting off the phantoms projected by parents on their children. The Dance of Reality is autobiography as an act of healing. Through the retelling of his own life, the author shows we do not start off with our own personalities, they are given to us by one or more members of our family tree. To be born into a family, Jodorowsky says, is to be possessed. To peer back into our past is equivalent to digging into our own souls. If we can dig deep enough, beyond familial projections, we shall find an inner light—a light that can help us through life’s most difficult tests. Offering a glimpse into the mind and life of one of the most creative and enigmatic visionaries of our time, The Dance of Reality is the book upon which Jodorowsky’s critically acclaimed 2013 Cannes Film Festival film of the same name was based.

In recent years, the work of Zakes Mda—novelist, painter, composer, theater director and filmmaker—has attracted worldwide critical attention. Gail Fincham’s book examines the five novels Mda has written since South Africa’s transition to democracy: Ways of Dying (1995), The Heart of Redness (2000), The Madonna of Excelsior (2002), The Whale Caller (2005), and Cion (2007). Dance of Life explores how refigured identity is rooted in Mda’s strongly painterly imagination that creates changed spaces in memory and culture. Through a combination of magic realism, African orature, and intertextuality with the Western canon, Mda rejects dualistic thinking of the past and the present, the human and the nonhuman, the living and the dead, the rural and the urban. He imbues his fictional characters with the power to orchestrate a reconfigured subjectivity that is simultaneously political, social, and aesthetic.

The Dance of the Rose and the Nightingale

Dance and the Quality of Life

Kenzie’s Rules for Life

How to Be Happy, Healthy, and Dance to Your Own Beat

Biological Relativity

Tigers, Devils, and the Dance of Life

Medallie Art of the First World War

From Amazon and International bestselling author, Alison G. Bailey, comes a Contemporary Romance story about what happens after the happily ever. Bryson Walker stumbled heart first into the steady rhythm of her life, never questioning whether other possibilities existed. She had been Will’s girl since their junior year in high school, followed him to college, and married him soon after graduation. In every respect, they were a loving and successful couple, until a series of missteps shattered all of Bryson’s truths. Maybe their life was nothing more than smoke and mirrors. A performance that was never based in reality. Hart was barely an acquaintance. He and Bryson shared one brief moment during senior prom, full of friction and heat that ignited a spark. But that night Bryson walked away and Hart let her go. Years later, twisted fate brings Bryson and Hart together again, causing her to wonder if this is her second chance at once in a lifetime.

This is an extraordinary autobiography of a young girl growing up in Iran. The daughter of an English Christian mother and an Iranian Zoroastrian father, NESTA Ramazani sketches her personal life story against the backdrop of a society marked by the fusion of Iranian, Islamic, and Western cultures, and by the efforts of an authoritarian state to force modernization on a traditional society. Within this multicultural tapestry of personal, cultural, and national life, the author portrays how she came to love Persian and Western music, poetry, and dance. But translating this love into practice seemed an insurmountable task until an American woman pioneered the establishment of the first indigenous Iranian ballet company. As a member of this troupe, the author violated convention, performing first in her native land and then traveling abroad to exhibit this beautiful synthesis of Persian/Western forms to foreign audiences. The significance of this work transcends an autobiography penned by an Iranian woman—still a taboo in traditional Iranian society—it is a unique microcosm of today’s universal quest for a dialogue among civilizations. Ramazani’s story will appeal not only to students of Iran, the Middle East, and women’s studies, but also to general readers.

Reggio McLaughlin Tap Dance of Life is an autobiographical account of the fascinating life of Reggio “The Hooper.” Every chapter can teach you something about the ups and downs of life. At the young age of seven, Reggio saw tap dancing for the very first time and knew this was what he wanted to do. Fate will take him through a course of events before becoming a tap icon. Reggio grew up in a large family on the tough streets of Chicago’s south side. He was given an ultimatum that led to the decision to drop out of school at the age of fifteen to play in Chicago’s blues clubs and travel as a professional bass guitar player for Brunswick Records. One thing led to another—from hanging out in San Francisco’s historic Haight-Ashbury district on “Hippy Hill” to tap dancing in Chicago’s subways, on the streets of New York and traveling to Spain to study flamenco with the Spanish Gypsies. Reggio has used the magnificent and powerful art form of tap dance to tell amazing stories and connect with people all over the world. The book includes many beautiful full page color photographs that enhance each chapter and the text is a fun and interesting read.

The renowned classic and New York Times bestseller that has transformed the lives of millions of readers, dramatically changing how women and men view relationships. Anger is something we feel. It exists for a reason and always deserves our respect and attention. We all have a right to everything we feel—and certainly our anger is no exception. “Anger is a signal and one worth listening to,” writes Dr. Harriet Lerner in her renowned classic that has transformed the lives of millions of readers. While anger deserves our attention and respect, women still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. In this engaging and eminently wise book, Dr. Lerner teaches both women and men to identify the true sources of anger and to use it as a powerful vehicle for creating lasting change. For decades, this book has helped millions of readers learn how to turn their anger into a constructive force for reshaping their lives. With a new introduction by the author, The Dance of Anger is ready to lead the next generation.

With The Winds Of Time

Dancing Round the Handbags

The Mindful Use of Love and Power in Human Systems

The Dance of Molecules

The Dance of the Bees

How Nanotechnology is Changing Our Lives

The Dance of the Dissident Daughter

"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.

The sixties were a time of restlessness, inner turmoil, and exuberance for Merton during which he closely followed the careening development of political and social activism – Martin Luther King, Jr., and the March on Selma, the Catholic Worker Movement, the Vietnam war, and the assassination of John F. Kennedy. Volume 5 chronicles the approach of Merton’s fiftieth birthday and marks his move to Mount Olivet, his hermitage at the Abbey of Gethsemani, where he was finally able to fully embrace the joys and challenges of solitary life: ‘In the hermitage, one must pray of go to sleep. The pretense of prayer will not suffice. Just sitting will not suffice. . . . Solitude puts you with your back to the wall (or your face to it)!, and this is good’ (13 October, 1964).

For mask collectors, discusses masked dancing in each state

Set against the backdrop of the marriage equality and immigration tempests of 2012, kindergarten teacher Spenser Harris and dance instructor Tomás Jimenez fall in love while helping a troubled youth, but the public spotlight their effort draws threatens their relationship, their careers, and their families.

The Last Dance of the Debutante Popular Music and Politics in Southeast Asia

Swan

Dance of Life

End the Struggle and Dance with Life

The Dance of Intimacy

The Dance of Reality

A renowned biologist’s cutting-edge and unconventional examination of human reproduction and embryo research Scientists have long struggled to make pregnancy easier, safer, and more successful. In The Dance of Life, developmental and stem-cell biologist Magdalena Zernicka-Goetz takes us to the front lines of efforts to understand the creation of a human life. She has spent two decades unraveling the mysteries of development, as a simple fertilized egg becomes a complex human being of forty trillion cells. Zernicka-Goetz’s work is both incredibly practical and astonishingly vast: her groundbreaking experiments with mouse, human, and artificial embryo models give hope to how more women can sustain viable pregnancies. Set at the intersection of science’s greatest powers and humanity’s greatest concern, The Dance of Life is a revelatory account of the future of fertility – and life itself.

“Over the past several decades the countries of Southeast Asia have reverberated to the music of superstars like Indonesia’s Rhoma Irama and Iwan Fals, the Filipino singer-songwriters Freddie Aguilar and Joey Ayala, Thailand groups Caravan and Carabao, and the Malaysian rock group Kembara. Along with many lesser known artists, they articulated the views of powerless citizens and provided a critical discourse on national and international affairs. Some were even identified with mass based sociopolitical movements seeking change. Popular musicians were at the forefront of the Thai democracy movement of the mid-1970s, the agitation leading to the abdication of the Marcos dictatorship in the mid-1980s, and the debate over inequality, corruption, and the role of Islam in Indonesia.

Looks at how time is consciously and unconsciously structured in various cultures and how time has been experienced by humans from prehistoric times to the present

In his new book, The Dance of We, Mark Horowitz draws from his many years of work in psychology and as an organizational development consultant to explain the powerful systemic forces that impact us in our families, our workplaces and our social and political systems. Using humor, current events, and stories from his own life, including his early years in a cult, the author describes four characteristics of dysfunctional human systems and four principles for balancing love and power in order to make those systems more Life-affirming.

The Dance of Politics

Trance Dance

From Losing My Legs to Learning the Dance of Life

Gender, Performance, and Democratization in Malawi

The Life and Dance of Anna Pavlova

Dance with This Book

Hafez

Have you been feeling creatively stagnant or distanced from dance? Meet your new rectangular dance partner. "The Artist's Way" in dance form. A calling to get back to dance and get back to YOU. Because starting to dance - again or for the first time - is often easier said than done. (Cue the intimidation, body image issues, time constraints, etc.) But dancing regularly is a proven source of happiness and healing, and for many it's a way to revive a lost part of our souls. This book is meant to be danced with, alone in your room to start, with a series of inspiring stories and directive prompts that you can do anytime. No more need for excuses or endlessly searching for the perfect class... make your bedroom your dance studio and DANCE WITH THIS BOOK. Side effects may include: making more space for yourself, reconnecting to your body, boosting your creative energy, releasing stress and stuck emotions, and feeling less alone. No leotards or expensive leggings required.

Did you realize your life is a dance with time. If you are looking for the seeds of ideas then read more... The book is a collection of 215 inspirational and motivational points of view based on personal experience and anecdotal evidence and intended as a basis for the reader to develop the potential for positive informative insight that can be considered as a basis for thoughts that may prove advantageous in understanding life’s experiences. Life is indeed a dance with time, a brief moment in eternity were you are given the valuable opportunity to experience and interact with the physical realm that exists all around you, seen and unseen. The quality of life is governed by the effort put into taking the opportunity to create wonderful experiences that give life quality. There is a necessity to always have a clear vision, a desire, of what is required. If you can’t figure out what you want in your mind’s eye then what hope do you have of seeing what you want within reality.

a selection from the PREFACE: THIS book was planned many years ago. As to the idea running through it, I cannot say when that arose. My feeling is, it was born with me. On reflection, indeed, it seems possible the seeds fell imperceptibly in youth-from F. A. Lange, maybe, and other sources-to germinate unseen in a congenial soil. However that may be, the idea underlies much that I have written. Even the present book began to be written, and to be published in a preliminary form, more than fifteen years ago. Perhaps I may be allowed to seek consolation for my slowness, however vainly, in the saying of Rodin that “slowness is beauty,” and certainly it is the slowest dances that have been to me most beautiful to see, while, in the dance of life, the achievement of a civilisation in beauty seems to be inversely to the rapidity of its pace.

At the heart of Henri Nouwen’s theology is the idea that the spiritual life is a process of transforming negatives into positives, of living between two polarities, of learning to embrace darkness and light at the same time. In this new anthology of Nouwen’s writings, Michael Ford traces Nouwen’s understanding of the human emotions following the course of his literary career. From his earliest works as a young psychology lecturer, his famous paperbacks which emerged during his days as a professor at Yale and Harvard to his remarkable output before and after his breakdown at l’Arche, Ford makes selections which not only chart the writer’s intense fascination with his own psycho-spiritual development but, at the same time, enable us to make connections with our own emotional struggles, helping us to make positives out of our own negatives.

Enjoy the Dance

Weaving Sorrows and Blessings Into One Joyful Step

A Woman’s Guide to Changing the Patterns of Intimate Relationships

The Dance of Life, by Havelock Ellis

The Novels of Zakes Mda in post-apartheid South Africa

Dancing in the Water of Life

Dance to the Tune of Life

The bestselling inspirational, upbeat collection of relatable lessons from the teen sensation, Mackenzie Ziegler—an award-winning dancer, singer/songwriter, and actress. Growing up is hard, but growing up in the spotlight is even harder. However, Mackenzie Ziegler is taking it all in stride, thanks to her positive attitude on life. From getting her start on Dance Moms, to her sold-out tour alongside Johnny Orlando, there’s nothing that she can’t do. In Kenzie’s Rules for Life, the dance world offers her advice on friendship, family, fitness, style, and positivity. She shares lessons drawn from her own experiences for those navigating through their tween years on how to be happy, healthy, and confident in all aspects of their lives. The book also features a foreword by her sister Maddie Ziegler, author of the New York Times bestseller The Maddie Diaries.

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 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 outpace her competitors, 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.

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.

The Dance of We

The Dance of Death

Reggio Mclaughlin Tap Dance of Life

The Other Dimension of Time

A Psychomagical Autobiography