

Tap Dancing Through Life

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live your life to the fullest in dancing through life allen brown offers his unique perspective all life starts with the question wouldn't it be great if allen believes that a true authentic life begins with this simple question because it signals an awakening to the possibility of more we can be more than we think we are and we can do more than we think we're capable of doing and the sense of wonder and possibility contained in wouldn't it be great if isn't just for the young it's for everyone this book will inspire you to start living the lives you've always wanted to live the author offers his advice on such topics as trusting your intuition broadening your horizons and getting out of your comfort zone understanding the power of your own thoughts adopting a growth mind set setting and achieving goals an entrepreneur and self

made millionaire allen became an amateur ballroom dancing champion in his mid eighties through the insight he provides in dancing through life you will be reminded that if the music is playing you should be dancing we only have one life and we should live it with gusto

a warm and encouraging self help book that draws inspiration and motivation from ballroom dancing precisely because the dance floor stands apart from the everyday world allowing dancers to play experiment and take on new roles it also serves as a stage for human behavior antoinette benevento a former national ballroom dancing champion and co owner of fred astaire dance studios has been a student of that stage for 25 years she has discovered that getting out on the dance floor is a powerful and empowering metaphor for living fully in all realms of life some of the tenets antoinette benevento lives dances and teaches by persistence is a form of beauty give yourself permission to begin again and again and again if you re not willing to risk falling you ll never learn to walk or dance desire is the energy that moves us forward in dance and in life to dance well and to live fully body and soul need to work together building on the ballroom dancing craze that has swept the country including the popularity of dancing with the stars this illuminating and highly readable book shows that what you learn on the dance floor can help you dance through life antoinette benevento is co owner of and national training director for the fred astaire dance studios and a former national ballroom dancing champion edwin dobb is a contributing editor of harper s magazine and has written for numerous other national publications including the new york times magazine vogue and discover

dancing through life with guts grace gusto is a collection of inspiring women s stories on work on life on purpose their rediscoveries and reawakenings for living life in tune with their hearts and sustaining themselves through transitions it s about embracing change with courage humor adventure and wisdom in search of love happiness health wealth and well being recapture your indomitable spirit then get ready to soar what every woman needs to dance through all of life s twists turns and transitions dancing through life with guts grace gusto is both an inspirational resource and instructional guide to fulfill your destiny to attract abundance manifest your dreams sustain yourself through times of transition practice safe stress take time for yourself

laugh out loud enjoy supportive relationships recognize your ability to create a succulent life express yourself as a fully customized woman guts grace gusto is filled with grand not giddy wisdom which can free you from your own boundaries the authors prove that when life isn't the party you hoped for it's time to start dancing madelyn jennings retired senior vice president personnel gannett co inc chair executive committee the freedom forum step by magical step these talented walkers on the pathway of challenges have set forth the equally magical choreography of how every woman can choose to dance her way over beyond and through those very same type of challenges be prepared to have your feet moving to the beat of well being and healthy choices as you read your way through this impressive dance class of life bob danzig former ceo hearst newspapers author professionalspeaker

dancing through life details the many benefits dancing can bring to all ages through the physical mental and social emotional lenses lindsey hoover uncovers the science behind the power of dance discover how dancing can improve your life and the lives of those around you no matter how old you are

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