



## Advice for Dancers: Emotional Counsel and Practical Strategies (Paperback)

By Linda H. Hamilton

John Wiley Sons Inc, United States, 2002. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Dancers experience pain, joy, frustration, rapture, failure, applause, and are above the worldly concerns of food, money, and financial security. They live only to dance. Or do they? The reality is dancers of all ages, types, and skill levels often experience incredible physical and psychological stress and have traditionally bore their pain in stoic silence. In this much needed new book, Dance Magazine's Linda Hamilton offers dancers the same type of advice and understanding they have come to trust from her popular monthly column. Psychologist Hamilton--a former dancer with New York City Ballet under the legendary George Balanchine--offers a complete resource for coping with the day to day pressures of being a dancer. Page after page is filled with the insight that can only come from a person who has been intimately involved in the world of dance. Hamilton outlines strategies for dealing with a variety of common physical and psychological issues and shows how to be true to your passion and bring back the joy in dancing. The book is filled with answers to dancer's most often asked...

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