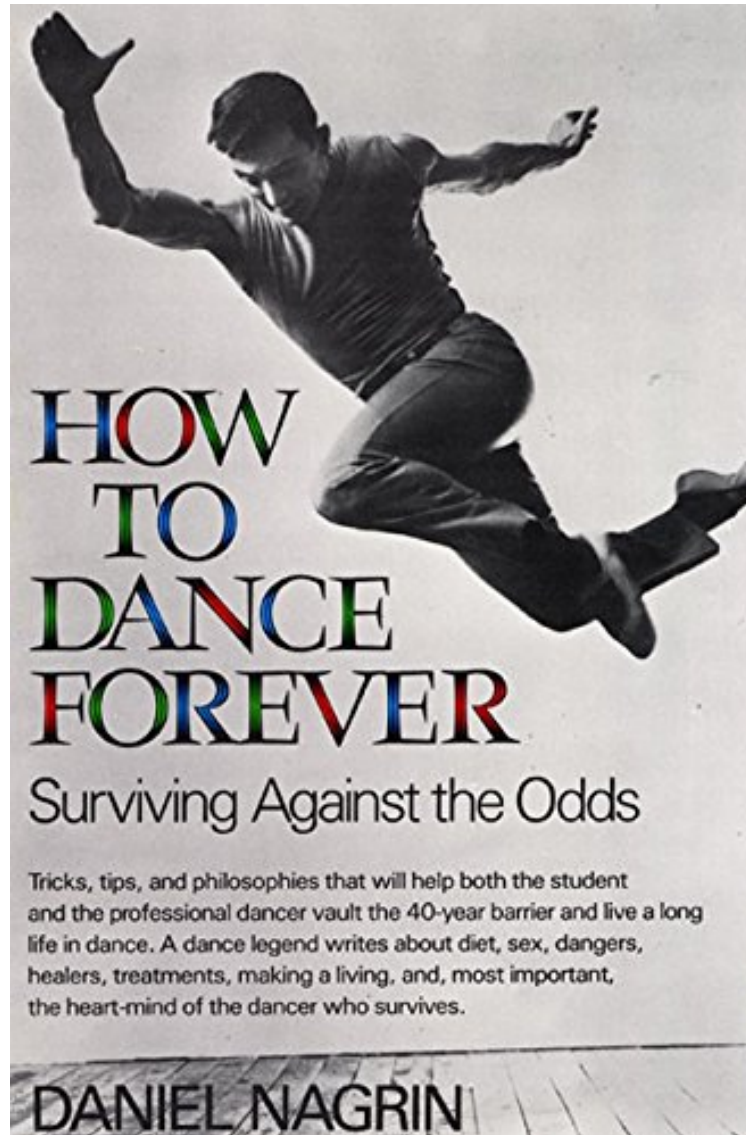


[Read free ebook] How to Dance Forever: Surviving Against the Odds

## How to Dance Forever: Surviving Against the Odds

*Daniel Nagrin*

*\*Download PDF | ePub | DOC | audiobook | ebooks*



DOWNLOAD



READ ONLINE

#1362910 in Books 1988-07-19 1988-07-19 Original language: English PDF # 1 9.25 x .92 x 6.13l, .89 #File Name: 0688074790368 pages | File size: 64.Mb

**Daniel Nagrin : How to Dance Forever: Surviving Against the Odds** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Dance Forever: Surviving Against the Odds:

3 of 3 people found the following review helpful. Grandmas can dance forever, too!By Vicky ClarkI love this book because it made me realize there was just no good reason for me not to be dancing. I had been a ballet dancer in my youth. But once married, and children, and financial stresses set in, it was soon set aside. At 52 I believed I was just simply past dancing. That all changed when, detemend to enjoy exercise instead of loath it, I signed up for an adult

ballet class. I let the teacher know up front that I was old and fat, but I needed to move, and I would need to progress at my own pace. 1 year later, I have regained far more than I ever thought I could. I got on a good diet and lost 23 pounds, carefully took my time rebuilding muscles in my ankles and feet and legs before pushing myself on. I now realize that I can dance everyday, rather it is at home in my kitchen, or in a class where I can push myself a little at a time. I have 5 children, 3 step children, 9 grandchildren with 2 more on the way. I plan to start teaching again soon, I will go by the name Grandma Vicky, and hope to have many grandmas join my classes. May we all dance forever! 0 of 0 people found the following review helpful. Great read! By Customer I haven't finished the book, but Nagrin is a beautiful writer and has such wonderful advice; fabulous book! 1 of 1 people found the following review helpful. Great book!!! By LULU This book gives great advice. Advice that most dance teachers do not give us. I am in love with this book! It is worth your money. You want to know what a dancer is all about, read this book. You want hints of how to become a better dancer and dance forever, this is the book! You want to love dance even more, this is the book you are looking for!

One of the country's most distinguished and critically acclaimed solo dancers and choreographers debunks the myth that dancers must retire from professional life as performers in their early forties. A performing artist since 1940, Daniel Nagrin initiated his own career as a solo performer in 1957 at the age of forty. With great wisdom and wit, this fiercely passionate veteran gives us an unusual and much-needed book that combines theory, personal philosophy, experience, and knowledge about dancers, dancing, teachers, mentors, and technique with practical information that ranges from nutrition, healers and treatments, sex, meditation, kneepads, and toe grips to the special problems and needs of dancers over fifty.

From Library Journal For those who understand that a dancer's career is short, Nagrin a leading modern dancer, choreographer, and teacher for more than 40 years is here to say that that need not be the case. The book includes chapters on diet, doctors, meditation, and tricks of the trade. But although the subject matter is of interest, the book has serious failings: Nagrin's writing style is uneven and irritating, and at times overly flamboyant and didactic; and most of his observations are so personal that they seem inapplicable to others. Concluding this work, he writes: "Not for one moment am I certain of a single statement or thought." Recommended only for dance collections. Joan Stahl, Enoch Pratt Free Lib., Baltimore Copyright 1988 Reed Business Information, Inc. About the Author Daniel Nagrin has been dubbed "the great loner of American dance" by Dance Magazine. His career as a master dancer/choreographer and teacher spans over four decades -- from Broadway, where he was once voted Best Male Dancer, to films to being a solo concert artist, a lecturer, and an artist-in-residence on the university touring circuit. Mr. Nagrin studied with a variety of modern dance teachers, including Helen Tamiris, Hanya Holm, Martha Graham, and Anna Sokolow. He is currently Professor of Dance at Arizona State University in Tempe.