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## FULLER HOBBS

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The Ballet Book Hachette+ORM

The PBS fitness personality on Classical Stretch and creator of the fitness phenomenon Essentrics offers an eye-opening guide to anti-aging. Miranda Esmonde-White trains everyone from prima ballerinas to professional hockey players to Cerebral palsy patients: what do they all have in common? All of these people are hoping to heal their bodies, prevent further injury, and move optimally and without pain. In fact, they have the same goals as any of us who are trying to stay young, fit, and reverse the hands of time. Because the aging of our bodies occurs in our cells, it must be repaired there too—that's where Miranda's highly effective and sought-after techniques come in. The body is programmed to self-destruct as we age, but the speed at which it self-destructs is up to us. Recent scientific studies have proven this fact! In *Aging Backwards*, Miranda offers a groundbreaking guide on how to maintain and repair our cells, through scientifically designed workouts. Healthy cells prevent joint pain, muscle loss and weak bones—helping to control weight, increase

energy, and improve strength and mobility. Miranda offers readers of all ages the tools they need to look and feel young. Complete with tips, tools, and her Eight Basic Age-Reversing Workouts accompanied by instructional photos and web clips, *Aging Backwards* will help you grow younger, not older! "If you've been meaning to start a fitness program but are put off by vigorous gym or yoga sessions, or if you're hindered by joint or muscle pain, pick up this book." —Zoomer

*Roberto Bolle* Rizzoli Publications

A chic and informative guide to the Ballet Beautiful method, featuring dance-inspired exercises, wellness tips, and lifestyle advice that help readers achieve ballerina confidence and self-esteem. After a career with the New York City Ballet, Mary Helen Bowers created Ballet Beautiful, a fitness and lifestyle program inspired by ballet's artistry and athleticism. Designed to give anyone a ballerina body, Bowers's targeted exercises tone and lengthen muscles, develop good posture, and teach grace in movement. Since launching in 2008, Bowers and her training have been sought after by celebrities and models (Alexa Chung, Liv Tyler, and Miranda Kerr, to name a few), as well as thousands of women across the globe through their streaming service. This book delves into the Ballet Beautiful universe, showing readers

how to attain a ballerina's lean and powerful physique and graceful poise via exercises, posture lessons, wellness tips, and fashion and beauty advice that can be effortlessly incorporated into everyday routines. The book features original images by the legendary photographers Inez and Vinoodh coupled with technical photographs illustrating the Ballet Beautiful workout and lifestyle. A refreshing antidote to traditional fitness programs and restrictive diets, this book is a stylish and instructional guide to transforming your body and life through ballet.

**The Ballet Book** Random House Books for Young Readers

Do you like to dance? You may want to give it a chance! Enjoy these riddles and the rhyme. Get the answers every time.

Swan Lake Poppy

A new holiday classic to add to your collection, this gorgeous wordless picture book by esteemed author-illustrator Elly MacKay celebrates the magic of theater and *The Nutcracker* as seen through the eyes of a young girl and her grandmother. It is a cold and rainy evening when Gran gives her granddaughter something special: tickets to the ballet. Her granddaughter is reluctant to go. The weather is terrible and they have to wear fancy, uncomfortable clothes. But as the curtains rise on *The Nutcracker*, the girl's eyes light up as she's introduced to the magic of the theater. The bright costumes, the intricate dances, the magical music, and a new friend all combine to captivate the girl and to bring color to an otherwise dreary evening. *Waltz of the Snowflakes* is Elly MacKay at her finest, mixing her acclaimed paper-cut artwork with vibrant colors in this whimsical, dreamlike, and inspiring wordless picture book. A must-have for any ballet- and theater-obsessed reader and the perfect gift to be shared during the holidays or any time of year when the world outside needs a little bit of color and vibrancy.

**Ballet** Girls Rock!

In four rows of two, Miss Lina's eight ballerinas—Christina, Edwina, Sabrina, Justina, Katrina, Bettina, Marina, and Nina—dance to the park, at the zoo, and even while doing their schoolwork. They are one perfect act, but when Miss Lina introduces Regina, a new girl, the group of nine's steps become a mess.

The Other Side of Perfect DK Publishing (Dorling Kindersley)

A ballet dancer recalls how she and her mother would welcome each season with a dance outdoors.

**Ballerina Body** Ballet Beautiful

"This comprehensive guide... helps youngsters who love ballet to understand the hard work and commitment involved in classical dance training." -- School Library Journal (of the first edition) "A detailed, practical guide for serious ballet students... To balance collections heavy on colorful ballet books for browsers with stars in their eyes, here's a guide for ballet students who are ready to get down to work." -- Booklist (of the first edition) Prepared in conjunction with Canada's National Ballet School, *The Ballet Book* is the definitive instructional resource for children who are beginning to explore the possibilities and delights of ballet. *The Ballet Book* is an inspirational motivator, an exceptional teaching aid, and an ideal companion for students. Now it has all-new photographs in color and a text more suited to contemporary young dancers. The book illustrates in meticulous detail -- and through more than 100 photographs -- every position, step and pose involved in barre work, pointe work, alignment, classical ballet poses, attitudes, allegros, batteries, pirouettes and arabesques. Age-appropriate and comprehensive, it is a motivational guide, with information on deciding to dance; finding a teacher; musical accompaniment; finding the ideal studio; what to wear and grooming; positions, steps and poses; and exercises and nutrition. Historical highlights and modern opportunities complete this comprehensive book. *The Ballet Book* is a strong

guide for both boys and girls.

No Ballet Shoes in Syria Harper Collins

*New York City Ballet Workout* is a revolutionary fitness program that will help you begin to develop lean abs, firm buttocks, a contoured waist, sculpted legs, slim thighs, strong arms, perfect posture, flexibility you never thought possible--and grace and poise of a dancer. More than three hundred stunning step-by-step and other photographs throughout make this the most beautiful and easy-to-use exercise book ever created. This elegant book is unlike any exercise book ever published. Graced with more than 300 instructional exercise photographs and extraordinary duotone portraits of New York City Ballet dancers, *The New York City Ballet Workout* explores the company's philosophy of balancing art, life, and fitness. By combining elements of New York City Ballet's balletic regimen with practical strength-building exercises, *The New York City Ballet Workout* can help people achieve a strong, graceful, and flexible body--one that displays the impeccable poise that is the trademark of New York City Ballet dancers. Many exercises of *The New York City Ballet Workout* were once confined to the world's elite rehearsal studios. Now, as refined by Peter Martins and his company, these exercises have been designed as a comprehensive, holistic approach to the body that can be used by anyone from the out-of-shape to the serious athlete, to attain a lean, hard, beautiful body. From flexibility to endurance, this is a complete exercise program for men and women.

**The Perfect Pointe Book** Basic Books

Instant New York Times bestselling series opener inspired by prima ballerina and author Misty Copeland's own early experiences in ballet. From prima ballerina and New York Times bestselling author Misty Copeland comes the story of a young Misty, who discovers her love of dance through the ballet *Coppélia*--a story about a toymaker who devises a villainous plan to bring a doll to life. Misty is so captivated by the tale and its heroine, Swanilda, she decides to audition for the role. But she's never danced ballet before; in fact, this is the very first day of her very first dance class! Though Misty is excited, she's also nervous. But as she learns from her fellow bunheads, she makes wonderful friends who encourage her to do her very best. Misty's nerves quickly fall away, and with a little teamwork, the bunheads put on a show to remember. Featuring the stunning artwork of newcomer Setor Fiadzigbey, *Bunheads* is an inspiring tale for anyone looking for the courage to try something new.

*Beautiful Ballerina* ABRAMS

In this stunning follow-up to the bestselling *The Nutcracker* and *The Sleeping Beauty*, the New York City Ballet presents another timeless tale for a modern ballet lover with *Swan Lake*. This lavishly illustrated book follows the storyline, choreography, costumes, and sets of the New York City Ballet's production of *Swan Lake*. With beautiful art illustrated by Valeria Docampo, this magnificent retelling is a perfect gift for an aspiring ballerina or any family who wants to add this enchanting and classic tale to their library.

**Hope in a Ballet Shoe** Random House

A collection of inspiring interviews and striking photography from prominent brown ballerinas. With over 90,000 fans, countless ballerina interviews and more, *Brown Girls Do Ballet(r)* has identified the missing strand to diversifying this classical performing art: a resource that speaks to their identity. *The Ballerina's Little Black Book* compiles a wealth of stories, advice and training information directly from the women who are breaking down barriers. Aspiring ballerinas can read messages from famed dancers like Aesha Ash, Alicia Graf Mack and even a personal message from none other than Misty Copeland. Filled with wisdom, solutions, and powerful visuals, *The Ballerina's Little*

Black Book is the ultimate handbook for ballerinas of color.

[Beautiful Curly Me](#) Cambridge University Press

Discusses ballet's history, what life is like as a ballerina, and famous ballerinas, including Wendy Whelan, Sylvie Guillem, and Nina Ananiashvili.

[Bella Dancerella: Ballet School](#) Random House Books for Young Readers

For fans of Sarah Dessen and Mary H.K. Choi, this lyrical and emotionally driven novel follows Alina, a young aspiring dancer who suffers a devastating injury and must face a world without ballet—as well as the darker side of her former dream. Alina Keeler was destined to dance, but then a terrifying fall shatters her leg—and her dreams of a professional ballet career along with it. After a summer healing (translation: eating vast amounts of Cool Ranch Doritos and binging ballet videos on YouTube), she is forced to trade her pre-professional dance classes for normal high school, where she reluctantly joins the school musical. However, rehearsals offer more than she expected—namely Jude, her annoyingly attractive castmate she just might be falling for. But to move forward, Alina must make peace with her past and face the racism she experienced in the dance industry. She wonders what it means to yearn for ballet—something so beautiful, yet so broken. And as broken as she feels, can she ever open her heart to someone else? Touching, romantic, and peppered with humor, this debut novel explores the tenuousness of perfectionism, the possibilities of change, and the importance of raising your voice.

[Ballet Shoes](#) Running Press Kids

Harriet Cavalli, internationally recognized as one of the most talented and experienced specialists in the art of music for dancers and dance teachers, presents here the definitive book on accompaniment, as well as her personal - often humorous - look behind the scenes at the world of dance. The text is enhanced by diagrams and 83 complete musical examples, providing a wealth of repertoire choices.

**Beautiful Ballerinas** Little (Sleeping Bear Press)

Through Edgar Degas's beloved paintings, drawings, and sculptures, Susan Goldman Rubin conveys the wonder and excitement of the ballet world. Degas is one of the most celebrated painters of the impressionist movement, and his ballerina paintings are among the most favorite of his fans. In his artwork, Degas captures every moment, from the relentless hours of practice to the glamour of appearing on stage, revealing a dancer's journey from novice to prima ballerina. Observing young students, Degas drew their poses again and again, determined to achieve perfection. The book includes a brief biography of his entire life, endnotes, bibliography, where to see his paintings, and an index.

*Life in Motion* Simon and Schuster

Best Sellers - Books :

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• [I Love You To The Moon And Back By Amelia Hepworth](#)

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• [Rich Dad Poor Dad: What The Rich Teach Their Kids About Money That The Poor And Middle Class Do Not! By Robert T. Kiyosaki](#)

• [November 9: A Novel By Colleen Hoover](#)

• [Iron Flame \(the Empyrean, 2\)](#)

• [The Untethered Soul: The Journey Beyond Yourself](#)

• [How To Catch A Leprechaun By Adam Wallace](#)

Beautiful ballerina, you are slender, straight-legged, high-arched, symmetrical... Beautiful ballerina, You are the dance. In this celebration of ballet's splendor, lush photographs and a poetic narrative put readers center stage with young ballerinas from the Dance Theatre of Harlem. The minimal text balances the harmony of the photos and demonstrates the joy of movement--inviting bravissimos and encores at each reading.

[My Ballet Journal](#) Harper Collins

Retellings of seven of the world's greatest ballet stories.

*Degas, Painter of Ballerinas* Barefoot Books

Hope in a Ballet Shoe tells the story of Michaela DePrince.

Growing up in war-torn Sierra Leone, she witnesses atrocities that no child ever should. Her father is killed by rebels and her mother dies of famine. Sent to an orphanage, Michaela is mistreated and she sees the brutal murder of her favourite teacher. Michaela and her best friend are adopted by an American couple and Michaela begins to take dance lessons. But life in the States isn't without difficulties. Unfortunately, tragedy can find its way to Michaela in America, too, and her past can feel like it's haunting her. The world of ballet is a racist one, and Michaela has to fight for a place amongst the ballet elite, hearing the words 'America's not ready for a black girl ballerina.' And yet . . . Today, Michaela DePrince is an international ballet star, dancing for The Dutch National Ballet at the age of nineteen. This is a heart-breaking, inspiring autobiography by a teenager who shows us that, beyond everything, there is always hope for a better future.

*Dress Up Dolls* Firefly Books

Return to the magical world of Enchantia in the captivating third series of Magic Ballerina by Darcey Bussell!

[The Ballerina's Little Black Book](#) Hachette UK

Winner of the Books Are My Bag Readers Award Aya is eleven years old and has just arrived in Britain with her mum and baby brother, seeking asylum from war in Syria. When Aya stumbles across a local ballet class, the formidable dance teacher spots her exceptional talent and believes that Aya has the potential to earn a prestigious ballet scholarship. But at the same time, Aya and her family must fight to be allowed to remain in the country, to make a home for themselves and to find Aya's father - separated from the rest of the family during the journey from Syria. With beautiful, captivating writing, wonderfully authentic ballet detail, and an important message championing the rights of refugees, this is classic storytelling - filled with warmth, hope and humanity. "Wise and kind and unputdownable." - Hilary McKay, Costa Book Prize-winning author of *The Skylarks' War* "A perfect balance of tragedy and triumph." - Natasha Farrant, author of *The Children of Castle Rock* "A moving story about one of the big issues of our time, told with wonderful clarity, and incredibly touching." - Axel Scheffler, illustrator of *The Gruffalo* "A moving, textured story ... Ballet Shoes for the 21st century" - The Times