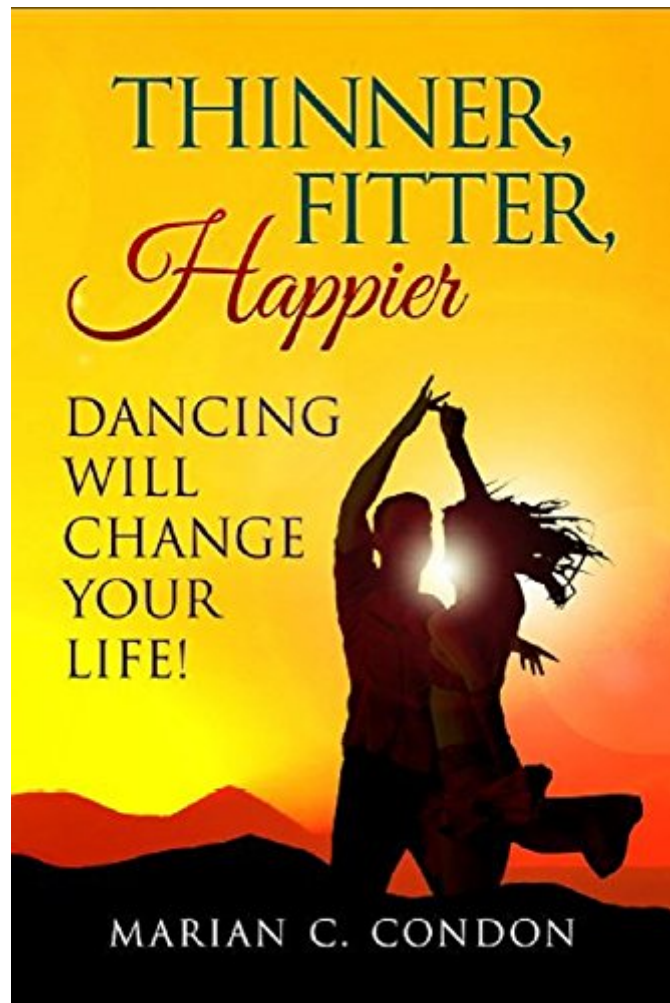


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# Thinner, Fitter, Happier: Dancing Will Change Your Life!



## Synopsis

• Do you need a BOOST? Are you in a RUT? Are you up for more FUN? More FRIENDS? Is it time to reconnect with your PARTNER? • or FIND one? YOU OUGHT TO BE DANCING! • In this upbeat and informative book, writer, dancer and health care professional Dr. Marian Condon promotes dancing as an amazingly healthful and enjoyable form of exercise that transforms lives. Through her own experience, interviews with more than 40 individuals, and research findings, the book presents solid evidence that dancing helps people lose weight, tone up, stand taller and carry themselves with more confidence. The combination of music and movement lifts spirits and banishes blues. The inherent camaraderie and fellowship make even shy and socially anxious dancers feel comfortably at home in their dance communities. Communication and connection between even long-time partners is enhanced. Because of the intense focus required, dancing is also great for the brain - it has been shown to be more effective than any other leisure activity at staving off dementia. Dr. Condon busts the myth that dancing is only for the young, slim and athletic. • If you can WALK, • she writes, • you can DANCE! •

## Book Information

File Size: 5150 KB

Print Length: 278 pages

Simultaneous Device Usage: Unlimited

Publisher: Year of the Book (March 14, 2015)

Publication Date: March 14, 2015

Sold by: • Digital Services LLC

Language: English

ASIN: B00UA81WFE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,100,748 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

in • Kindle Store > Kindle eBooks > Arts & Photography > Dance > Ballroom #40 in • Books > Arts & Photography > Performing Arts > Dance > Ballroom #7228 in • Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

I approached this book mainly for its relevance to my interests in health promotion topics such as exercise and weight management but found so much more than I expected. Dancing has never been one of my interests, or talents, but I have to say I was intrigued by its many benefits. The author skillfully blends interviews with novice to experienced dancers with the basic scientific evidence in favor of dancing as an enhancer of mental as well as physical health. Her style is witty and engaging so the educational aspects of this book do not detract from its breezy readability. She covers aspects of the various dances styles, the dance industry and competitive dancing for amateurs and pros alike but this does not seem like too much detail. Rather, it serves to increase the reader's understanding of a topic which is only known to its true advocates. An added bonus of reading this on a tablet was the ability to access the video links of students and professional dancers exhibiting many of the dance steps discussed. The footage really makes the text come alive. It's fun to see some of the people mentioned and interviewed in action. And, many of the professional dancers were spectacular. Overall, highly recommended for dancers and non-dancers alike - and, who knows, maybe many who read it will give dancing a try.

The last time my wife and I tried to dance together, we attempted the Tango and almost got a divorce. She said I "ruptured the corns on her toes with my big, uncoordinated clods." Well, needless to say, I haven't been much of a fan of dancing since. However, my wife and I have been in a bit of a dry spell lately, so I've been trying everything I can to reawaken that spark in her, so to speak. I've taken to reading romance books aloud with her in bed, giving her massages, and writing love notes in shaving cream on her bathroom mirror. It's working! But the thing that has worked the best is learning to dance with my wife. We never should have started with Tango, the hardest dance to learn in the history of the world, when we were first beginning. A simple slow dance, or waltz, or foxtrot will do the trick. Now my wife and I head out to the local community center on Friday nights and dance cheek-to-cheek like Fred Astair and that lady he used to dance with. It's all thanks to this book. We studied it and practiced the steps, and memorized the pointers. The author is right: dancing WILL change your life! It's changed my life... my sex life, that is. An enthusiastic five stars for this amazing book.

Thinner, Fitter, Happier Dancing Will Change Your Life! By Marian C. Condone is the personal story of one woman's journey turning her life and health around through dance and the associations with ballroom dancing. Marian gives her perspective with humor and honesty. She portrays the feelings,

insecurities and joys of accomplishing complex routines with the help and support of her dance instructor and the other Arthur Murray students. As a relatively new dance student, I identified with Marian's review of the dance experience. She does a great job in relating the life changing benefits and self confidence dance provides. It just takes one step or Cha Cha to improve your outlook on life. All you Dancing with the Stars wannabes take that step, read this book, then get up and DANCE!

Dancing can change your life for sure. It certainly changed mine. I have Fibromyalgia and I knew I had to exercise,, but who wants exercise when even walk hurts so much? I started taking dance lessons about one year ago. When I had my first lesson, my teacher had to buckle my dancing shoes because I was unable to bent over to do it. Now, I can seat dawn in the floor and get up without assistance. The terrible pain in my lower back disappeared after a couple of months of dance and never came back. As an extra bonus, I lost 14 pounds, but most important I am having so much fun, which makes all areas of my life much better!

As a professional swing dance instructor since 2004 who has also written many articles on how dance changed my life, I was very interested in what Marian had to say in this book. It was well-done and her passion for dance--and how it changed her life--was evident throughout. There is no greater joy for an instructor than to have a student like Marian who is virtually transformed. We have been honored to see the same transformation among our students, and to have experienced it ourselves. I appreciated that Marian provided research, links and information and did not just limit herself to her own studio or genre. She also defined studio vs. street dances, which is helpful for people to understand. Of course, I wish she had spent more time on the lindy hop community rather than just a brief mention, but the heart of the book is the joy of dance and that comes shinning through!--Linda Freeman of Got2Lindy Dance Studios, Hudson Valley, New York

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