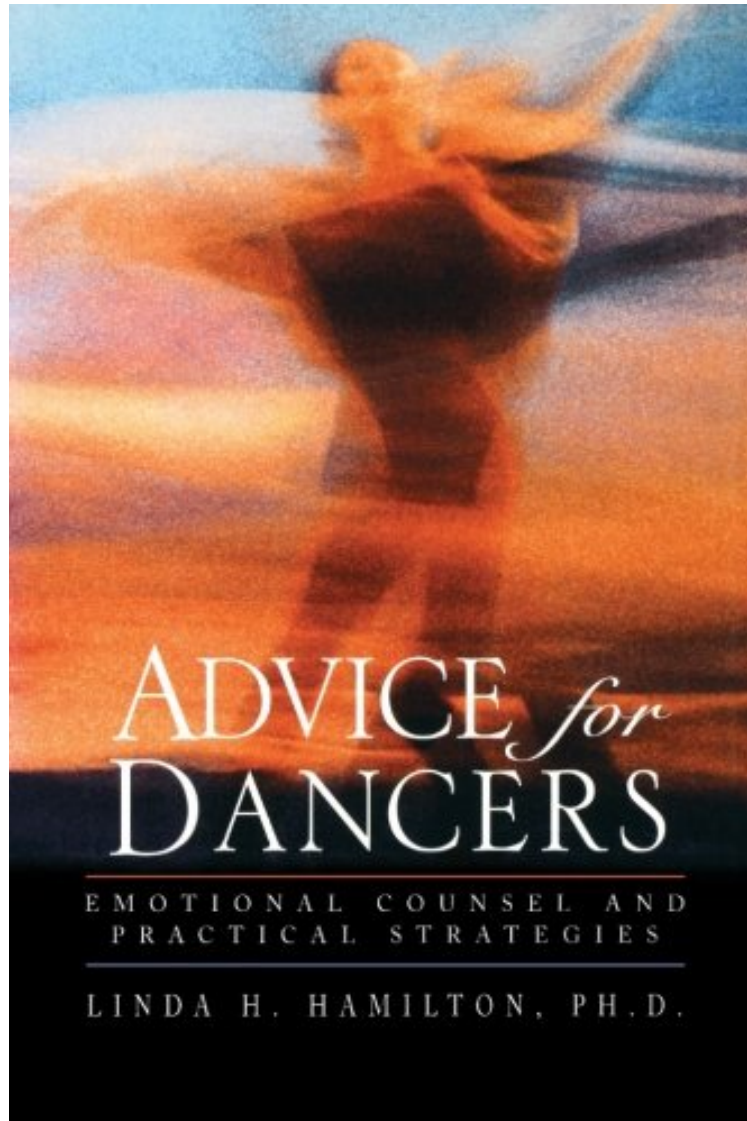


(Read free) Advice for Dancers: Emotional Counsel and Practical Strategies

## Advice for Dancers: Emotional Counsel and Practical Strategies

*Linda H. Hamilton*

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**Linda H. Hamilton : Advice for Dancers: Emotional Counsel and Practical Strategies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Advice for Dancers: Emotional Counsel and Practical Strategies:

0 of 0 people found the following review helpful. Calories recommended for dancers is way too low - for example By ZippyHeyHad outdated advice (book written in the '90s), about how to balance the emotional and physical demands of

dance. Calories recommended for dancers is way too low - for example, recommended calories in recent literature and the author's subsequent book recommend 700 - 800 more calories for a daily minimum! Recommending reading *The Dancer's Way: The New York City Ballet* for more updated information. 0 of 0 people found the following review helpful. Great but needs a little more. By MaryFantastic book suggested my mentor. Helps dancers at any stage and has reference guides to go the extra mile if you need a little more. My only complaint is that it speaks very little of commercial dancers. Since the main focus is on the ballet world, I think there should be a revision that discusses audition/rehearsal/gig process and etiquette for the commercial realm of dance. 1 of 1 people found the following review helpful. Helpful and Informative for any Level. By MicheleI was lucky enough to have picked up this book at the bookstore and read through a bit before I decided I'd like to buy it as well. While it does bring up some different forms of dance and what's required, it is focused a little more towards ballet, which was nice in my case. I soon found myself highlighting sentences and facts I wanted to make sure I remembered. An excellent read for a any who is thinking about dancing, or has been dancing for years.

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 dancers 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 questions and offers practical methods for dealing with such difficult problems as eating disorders, substance abuse, ruthless competition, and performance anxiety. Advice for Dancers will teach you how to: Achieve you physical potential and select the dance technique that's right for you Find out which teaching practices you can trust and why Learn how to reach your optimal weight without compromising your energy, health, and career Develop healthy relationships both inside and outside the dance studio Use a variety of resources to get work, roles, and promotions Perform technical feats in front of an audience even when you are frightened Advice for Dancers is a result of Hamilton's extensive research and years clinical work with dancers and includes information for a survey of more that 1,000 dancers from across the country.

"an inspiring book with an impressive repertory of solutions to the psychological and physical problems that challenge every dancer." (*Dance Magazine*, January 1999) Excerpt in *Dance Magazine*, October, 1997. Listed as a resource in *Dance Magazine*, January 1999. Dr. Linda Hamilton, an associate professor at Fordham University, lecturer, psychologist, former dancer with the New York City Ballet, and author of *Advice for Dancers*, also writes a monthly article, *Advice for Dancers*, in *Dance Magazine*. "Linda Hamilton's book is excellent and needed. She touches on all aspects of being a dancer." Jacques d' Amboise, founder, National Dance Institute, New York "This book is an excellent guide that addresses the social, emotional, and physical needs of the developing dancer. I often recommend it as a resource for our students and their parents." Peter J. Libman, Director of Student Life, School of American Ballet "Dr. Linda Hamilton has for years brought her expertise and very special knowledge, both as a clinical psychologist and former dancer with the New York City Ballet, to her widely read column in *Dance Magazine*. Now she extends the range of her work to embrace the dancer and his or her bodythe problems that can be encountered, the symptoms that can be noticed, and, most important, the action that can be taken. Dr. Hamilton is one of the liveliest writers on dance today, and she has the ability to bring everyday classes and stage stress and strains to vivid and immediate life." Clive Barnes, senior theater critic, the *New York Post*, and senior consulting editor, *Dance Magazine* "The advice and information in this book should be considered the 'gold standard' for anyone involved in the dance world. Linda Hamilton covers all the necessary elements in a dancer's life, and all dancers can benefit from the practical strategies that she recommends to reduce excessive stress, whether it is mental or physical." Marika Molnar, PT, director of physical therapy, Westside Dance Physical Therapy and New York City Ballet and the School of American Ballet  
From the Inside Flap  
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