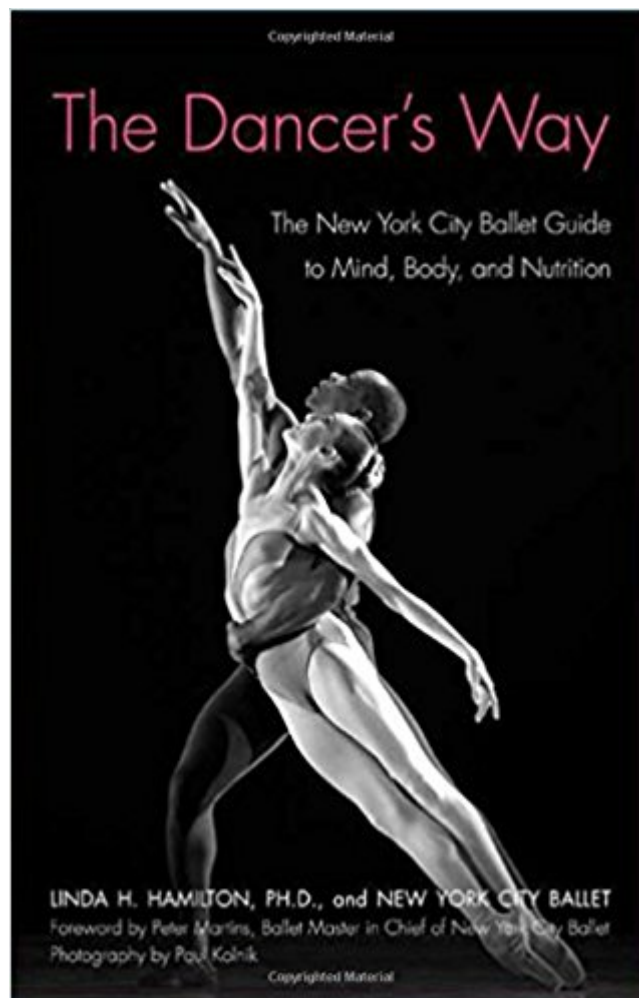




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# **The Dancer's Way: The New York City Ballet Guide To Mind, Body, And Nutrition**



## Synopsis

In the current dance scene, performers contend with choreography that involves extreme dance, multiple techniques, and acrobatic moves, exemplified in the popular reality television show, "So You Think You Can Dance." The dilemma for aspiring professionals is that dance class no longer provides sufficient preparation for performing at this level. Dancers who want to achieve their best, avoid injury, and perform at their peak will welcome the insight and advice in the pages of *The Dancer's Way*. The world-renowned New York City Ballet developed their proven wellness program to help dancers reach their potential without compromising their health. As one of the key designers of this program, former dancer and clinical psychologist Linda Hamilton, Ph.D. provides the essential principles of wellness that will help you achieve your goals in all levels and forms of dance. These include keeping yourself physically healthy, nutritionally sound, and mentally prepared as a dancer. New York City Ballet's celebrated program, here for the first time in book form, highlights every tool you'll need to stay in great shape.

## Book Information

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## Customer Reviews

“This book holds information and advice that could easily save many a dancer's career. It's written with a clarity and compassion that come from a woman who knows first-hand both the difficulties and the thrilling joys of being a dancer.”  
• Bebe Neuwirth, Emmy & Tony Award-winning Broadway dancer, singer, and actress, and founder of The Dancers' Resource at The Actors Fund  
“If you're serious about a career in dance or just want to move through the rest of your life with grace, Linda Hamilton choreographs a perfect path. THE DANCERS WAY is

the complete companion for anyone who wants the body, mind, and spirit of a dancer - a true athlete...  
 — Perry Mitchell, director/choreographer of *Legally Blond*, *The Musical* and mentor of Bravo's reality competition "Step It Up and Dance"  
 "The Dancer's Way is full of important and interesting information and I am impressed with the accessibility and practical applicability; not only for dancers but also for medical doctors and all other health care providers involved in the care of dancers. With this comprehensive book Linda Hamilton places herself in the forefront of dance medicine in its broadest sense. The book breathes the passion of the dancer, the skills of the writer, combined with the professionalism of the psychologist she is now. Highly recommended, a joy to read and - although dedicated to dancers - the book is a "must" for everyone active or interested in dance and/or dance medicine. Thank you, Linda, for sharing with us your vast knowledge and experience in two beautiful worlds, the worlds of dance and academia."  
 — A.B.M. (Boni) Rietveld, M.D. president of the International Association for Dance Medicine & Science  
 "Yummy book. It's the "fit" dancers have been waiting for. EAT FIT, WORK FIT, FEEL FIT, LIVE FIT, DANCE FIT."  
 — Grover Dale, Tony award-winning director and founder of [answers4dancers.com](http://answers4dancers.com)  
 "Meticulously researched and written with a warm and generous tone, Linda Hamilton's *The Dancer's Way* is an invaluable guide for dancers of any age."  
 — Meredith Monk, Dance Magazine and MacArthur Genius Award-Winning composer and choreographer.  
 "Linda Hamilton has lived this book. I've followed her career since she was in New York City Ballet and took my classes. She has become such a wise and understanding person who truly knows how difficult it is to be a dancer today and keep your sanity. This book is especially important for young dancers because is a treasure chest of new information which can eliminate pain, doubt, and fear. Brava!"  
 — Finis Jhung, former principal dancer, Harkness Ballet and Master Ballet Teacher

LINDA H. HAMILTON, PH.D., was a dancer in New York City Ballet under the direction of George Balanchine and Peter Martins. Now a clinical psychologist in private practice, she is the wellness consultant at New York City Ballet. A member of the International Association for Dance Medicine & Science, she also consults at The Ailey School and Career Transition for Dancers, and writes a monthly advice column in Dance Magazine. She lives in New York City.

NEW YORK CITY BALLET is one of the foremost dance companies in the world, with an unparalleled active repertory of more than 150 works. Founded by George Balanchine and now under the direction of Ballet Master in Chief Peter Martins, the company has over 100 dancers, a 62-member orchestra, an official school (the School of American Ballet) and an annual 23-week performance season in New York. Widely

acknowledged for its enduring contributions to dance, New York City Ballet is committed to promoting creative excellence and nurturing a new generation of dancers and choreographers.

This book is very easy to read, and contains great guidelines for getting you started on creating a program to support your dancing. Other resources may be needed to create, for example, an effective and detailed cardio or weight-lifting program tailored to your liking, but this book definitely gives you a framework to do that. I am an adult beginner - dancing 5 years now and loving every moment. Even though I know this book is geared to professionals and pre-professional dancers, I still found the information extremely useful. Balancing a full-time job with ballet classes 3-5x per week is also very demanding physically and mentally. Nutrition, cross-training, and dealing with injuries are important for the dedicated recreational dancer as well.

I have been dancing and teaching dance for years and have owned many books and dvds that instruct dancers on how to stay healthy. What set this book apart for me was that not only did it give tips to keep my body in shape, it also had entire sections on dealing with stress and the effect that stress has on your body. Perhaps my favorite feature in the book is the appendix. It gives information and worksheets for the dancer to fill out that range from injury terminology to what cooking supplies a dancer should have in their kitchen. I have read this book multiple times and always reference it when I have a question. I also recommend it to my students. This is a must have for anyone who is serious in dance.

I bought this book for my 17-year-old dancer daughter on the recommendation of another dancer. As it arrived when my daughter was away, I took advantage of the chance to look at it fairly thoroughly. I was very impressed by the straight forward nutritional advice and the common sense tone of the whole book. Young dancers tend to do a lot of wacky things; this book gives hope of success by following a more thoughtful and reasoned approach. The personal stories told by various dancers are a method that I know young people respond to well. When my daughter left for her last dance program, this book went with her, unlike many that stayed behind in her bedroom.

The book has helpful information but is pretty repetitive in the beginning.

I bought this for my 17 year old granddaughter and she loved it. She is an advanced ballet dancer and always had questions about good nutrition. It's all in the book and very readable.

This book contains a lot of valuable advice that is applicable to other athletes such as ways to cope with stress, performance anxiety, and rehabilitation. It also includes dietary advice for dancers (but the information it contains about eating disorders and other food issues might also be of use for other athletes as well). I have read it a few times, and would like to pass it along to many other athletes I know. I also think it would be a fantastic resource for younger dancers who are looking to go into a career, as well as those who are interested in things like becoming cheerleaders or sports dancers.

This was a gift for a 10-year old friend so I hope she keeps it close as she continues her dance lessons which she LOVES. I looked and read thought the book before giving it to her and thought it would be a good reference now and in the future.

Super helpful for all types of dancers. Really enjoyed the chapters on cross-training.

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