

Access Free An Unlikely Ballerina Pdf Free Copy

Life in Motion Life in Motion Life in Motion An Unlikely Ballerina Black Ballerinas Ballerina Body Bunheads Dancing Through It Firebird An Unlikely Ballerina Misty Copeland Taking Flight Life in Motion Apollo's Angels The Italian Ballerina Life in Motion (Regular Ed - Preap) Misty Copeland Misty Copeland Your Life in Motion Ballerina The Secret of the Ballet Book Hope in a Ballet Shoe House of Earth and Blood Danza! Ballerina Stories Swan My Daddy Can Fly! (American Ballet Theatre) Mouse of the Year The Story of Misty Copeland B Is for Ballet: A Dance Alphabet (American Ballet Theatre) The Ballet Companion An Unlikely Ballerina The Ballet Book Once A Dancer The Ballerina Mindset A Rose for Melinda Misty Copeland Bunheads The Wind at My Back Ballerina Dreams: From Orphan to Dancer (Step Into Reading, Step 4)

Misty Copeland May 12 2022 Power and grace define Misty Copeland--an influential ballet dancer who has broken through difficult barriers to become the first female African-American to be promoted to principal dancer at the American Ballet Theatre. Misty has proven adversity can be conquered by reaching higher and working harder to define what is humanly possible, regardless of the path one chooses to follow their dreams. In Misty's own words, "Finding your power doesn't have to be scary. Instead, it makes you feel in control, strong, and proud." This book was created to inspire young girls and women. Through the stunning black-and-white photography of Richard Corman and Misty's own brief inspirational quotes, her message of hope, strength, and focus empowers the reader. In the introduction, Cindy Bradley, Misty's ballet teacher who discovered and encouraged Misty to develop her talent and follow her heart, gives context to the obstacles and challenges that helped Misty find her power and achieve success.

Misty Copeland Sep 23 2020 Misty Copeland is an author, global volunteer, and principal ballerina. But her path to success was not a straight one. Discover how Copeland used perseverance and talent to achieve her dream.

Ballerina Mar 10 2022 Throughout her history, the ballerina has been perceived as the embodiment of beauty and perfection--the feminine ideal. But the reality is another story. From the earliest ballerinas in the 17th century--who often led double lives as concubines--through the poverty of the corps de ballet dancers in the 1800's and the anorexic and bulimic ballerinas of George Balanchine, starvation and exploitation have plagued ballerinas throughout history. Using the stories of great dancers such as Anna Pavlova, Isadora Duncan, Suzanne Farrell, Gelsey Kirkland, Evelyn Hart, Marie Camargo, and Misty Copeland, Deirdre Kelly exposes the true rigors for women in ballet. She rounds her critique with examples of how the world of ballet is slowly evolving for the better. But to ensure that this most graceful of dance forms survives into the future, she says that the time has come to rethink ballet, to position the ballerina at its center and accord her the respect she deserves.

Life in Motion Sep 28 2023 Determination meets dance in this prizewinning and New York Times bestselling memoir by the history-making ballerina Misty Copeland, vividly recounting the story of her journey to become the first African American female principal ballerina at the prestigious American Ballet Theatre. When she first placed her hands on the barre at an after-school community center, no one expected thirteen-year-old Misty Copeland to become one of America's most groundbreaking dancers. A true prodigy, she was attempting in months roles that take most dancers years to master. But when Misty became caught between the control and comfort she found in the world of ballet and the harsh realities of her own life, she had to choose to embrace both her identity and her dreams, and find the courage to be one of a kind. With an insider's passion, Misty opens a window into the life of an artist who lives life center stage, from behind the scenes at her first classes to her triumphant roles in some of the world's most iconic ballets. A sensational memoir as "sensitive" and "clear-eyed" (The Washington Post) as her dancing, *Life in Motion* is a story of passion, identity, and grace for anyone who has dared to dream of a different life.

The Ballerina Mindset Nov 25 2020 Learn how to thrive in intense, competitive environments with these secrets from one of America's premiere ballerinas--and get a sneak peek at what her life is really like. Ballet may look glamorous and effortless to audience members, but it requires grueling discipline. It's a competitive and physically and mentally demanding career that combines elite athleticism, artistry, and performance. Not only do dancers rehearse for six to eight hours a day before performing at night, but they also must make it all look easy! As a principal ballerina with New York City Ballet and a one-time Broadway star--not to mention a mother of three and an MBA student--Megan Fairchild is all too familiar with these challenges. In *The Ballerina Mindset*, she shares all the wisdom she's learned from her nearly two-decade career, drawing upon her own experiences to show us how she learned to overcome challenges ranging from stage fright to negative feedback to a packed calendar to weight management--and how we can do the same. Inspiring, warm, and revelatory, *The Ballerina Mindset* is the perfect how-to guide for dancers, athletes, artists, and anyone struggling to stay sane in a high-pressure environment.

Life in Motion Aug 27 2023 Determination meets dance in this middle grade adaptation of the New York Times bestselling memoir by the first African-American principal dancer in American Ballet Theatre history, Misty Copeland. As the first African-American principal dancer at the American Ballet Theatre, Misty Copeland has been breaking down all kinds of barriers in the world of dance. But when she first started dancing--at the late age of thirteen--no one would have guessed the shy, underprivileged girl would one day make history in her field. Her road to excellence was not easy--a chaotic home life, with several siblings and a single mother, was a stark contrast to the control and comfort she found on stage. And when her home life and incredible dance promise begin to clash, Misty had to learn to stand up for herself and navigate a complex relationship with her mother, while pursuing her ballet dreams. *Life in Motion* is a story for all the kids who dare to be different, dream bigger, and want to break stereotypes in whatever they do.

An Unlikely Ballerina Feb 26 2021 "A small, frail girl with wobbly legs and turned-out toes became the first Jewish prima ballerina assoluta in history, Alicia Markova"--

House of Earth and Blood Dec 07 2021 A #1 New York Times bestseller! Sarah J. Maas's brand-new CRESCENT CITY series begins with *House of Earth and Blood*: the story of half-Fae and half-human Bryce Quinlan as she seeks revenge in a contemporary fantasy world of magic, danger, and searing romance. Bryce Quinlan had the perfect life--working hard all day and partying all night--until a demon murdered her closest friends, leaving her bereft, wounded, and alone. When the accused is behind bars but the crimes start up again, Bryce finds herself at the heart of the investigation. She'll do whatever it takes to avenge their deaths. Hunt Athalar is a notorious Fallen angel, now enslaved to the Archangels he once attempted to overthrow. His brutal skills and incredible strength have been set to one purpose--to assassinate his boss's enemies, no questions asked. But with a demon wreaking havoc in the city, he's offered an irresistible deal: help Bryce find the murderer, and his freedom will be within reach. As Bryce and Hunt dig deep into Crescent City's underbelly, they discover a dark power that threatens everything and everyone they hold dear, and they find, in each other, a blazing passion-one that could set them both free, if they'd only let it. With unforgettable characters, sizzling romance, and page-turning suspense, this richly inventive new fantasy series by #1 New York Times bestselling author Sarah J. Maas delves into the heartache of loss, the price of freedom--and the power of love.

B Is for Ballet: A Dance Alphabet (American Ballet Theatre) Apr 30 2021 An A to Z celebration of the world of ballet, from the renowned American Ballet Theatre. A is for arabesque, B is for Baryshnikov, and C is for Coppélia in this beautifully illustrated, rhyming, alphabetic picture book, filled with ballet stars, dances, positions, and terminology. Written by the acclaimed author of *A Is for Audra*: Broadway's *Leading Ladies* from A to Z, the dazzling, creative wordplay forms a graceful pas de deux with the stylish, swooping lines and rich color of the sumptuous illustrations. In partnership with the American Ballet Theatre, here is the perfect gift for any ballet fan, from children just starting ballet to adults who avidly follow this graceful artform.

Life in Motion Oct 17 2022 As the first female African-American principal dancer at the American Ballet Theatre, Misty Copeland has been breaking down all kinds of barriers in the world of dance. But when she first started dancing -- at the late age of thirteen -- no one would have guessed the shy, underprivileged girl would one day make history in her field. Her road to excellence was not easy -- a chaotic home life, with several siblings and a single mother, was a stark contrast to the control and comfort she found on stage. And when her home life and incredible dance promise begin to clash, Misty had to learn to stand up for herself and navigate complex relationships with her family and the dance world, while pursuing her ballet dreams.

Swan Sep 04 2021 The world is big. Anna is small. The snow is everywhere and all around. But one night . . . One night, her mother takes her to the ballet, and everything is changed. Anna finds a beauty inside herself that she cannot contain. So begins the journey of a girl who will one day grow up to be the most famous prima ballerina of all time, inspiring legions of dancers after her: the brave, the generous, the transcendently gifted Anna Pavlova.

Beautiful, inspirational, and triumphant, Anna Pavlova's life is masterfully captured in this exquisite picture book.

Black Ballerinas Jun 25 2023 From New York Times bestselling and award-winning author and American Ballet Theatre principal dancer Misty Copeland comes an illustrated nonfiction collection celebrating dancers of color who have influenced her on and off the stage. As a young girl living in a motel with her mother and her five siblings, Misty Copeland didn't have a lot of exposure to ballet or prominent dancers. She was sixteen when she saw a black ballerina on a magazine cover for the first time. The experience emboldened Misty and told her that she wasn't alone--and her dream wasn't impossible. In the years since, Misty has only learned more about the trailblazing women who made her own success possible by pushing back against repression and racism with their talent and tenacity. Misty brings these women's stories to a new generation of readers and gives them the recognition they deserve. With an introduction from Misty about the legacy these women have had on dance and on her career itself, this book delves into the lives and careers of women of color who fundamentally changed the landscape of American ballet from the early 20th century to today.

Mouse of the Year Jul 02 2021 Angelina and her friends in ballet class nominate Miss Lilly for the Teacher of the Year award, but when she wins there are unexpected consequences.

The Ballet Book Jan 28 2021 Does the poise, grace, and beauty of a prima ballerina take your breath away? Ever dreamt of landing that perfect pirouette? Covering everything from basic positions to the finesse of a pas de deux, this inspiring book will help your child pursue the elegant dance form of ballet. Perfect your port de bras and learn how to dance adagio and allegro. You will even find out the best way to look after your ballet shoes and ensure your make up is just right for your first night on stage. Using gorgeous photos of ballet dancers and easy-to-follow instructions, one of the world's finest ballet dancers Darcey Bussell will teach you various poses, jumps, and exercises, as well as advanced moves and pointe work. You will also discover folk and character dancing and read about the great choreographers and composers throughout ballet's history. The Ballet Book beautifully illustrates the world of ballet with captivating notes on classical techniques, the evolution of the dance form, the world's greatest dancers, and a fascinating look on what goes on behind the scene. Budding ballet dancers, this one's for you!

Misty Copeland Jun 13 2022 Pirouette across the stage and get to know Misty Copeland—the first African-American woman to become a principal ballerina with the American Ballet Theater—in this fascinating, nonfiction Level 3 Ready-to-Read, part of a new series of biographies about people “you should meet.” Misty Copeland had always dreamed of becoming a dancer, but she had many obstacles to overcome before she could reach her dream. Although she was always challenged by the things that set her apart from other dancers, with a lot of hard work, dedication, and exceptional talent, Misty has become one of the most well-known dancers in America. On June 30, 2015 Misty stepped on stage as the first female African-American principal dancer for the American Ballet Theater and made history! A special section at the back of the book includes extras on subjects like history and math, plus a fun timeline filled with interesting trivia facts about dance. With the You Should Meet series, learning about historical figures has never been so fascinating!

Your Life in Motion Apr 11 2022 From the first female African American principal dancer in American Ballet Theatre history, Misty Copeland, comes an encouraging guided journal that's inspired by her New York Times bestselling memoir, *Life in Motion*. Misty Copeland has broken down barriers in the world of dance, becoming the first African American female principal dancer at the American Ballet Theatre. And along the way, she's always used the art of journaling to remember it all. Now, she's sharing her passion for writing with you! Featuring prompts, quizzes, motivational quotes, and more, *Your Life in Motion*—inspired by Misty's own experiences—will help young readers live their best lives every day!

Firebird Feb 21 2023 In her debut picture book, Misty Copeland tells the story of a young girl—an every girl—whose confidence is fragile and who is questioning her own ability to reach the heights that Misty has reached. Misty encourages this young girl's faith in herself and shows her exactly how, through hard work and dedication, she too can become Firebird. Lyrical and affecting text paired with bold, striking illustrations that are some of Caldecott Honoree Christopher Myers's best work, makes *Firebird* perfect for aspiring ballerinas everywhere.

Ballerina Stories Oct 05 2021

The Wind at My Back Jul 22 2020 From celebrated ballerina and New York Times bestselling author Misty Copeland, a heartfelt memoir about her friendship with trailblazer Raven Wilkinson which captures the importance of mentorship, shared history, and honoring the past to ensure a stronger future. Misty Copeland made history as the first African-American principal ballerina at the American Ballet Theatre. Her talent, passion, and perseverance enabled her to make strides no one had accomplished before. But as she will tell you, achievement never happens in a void. Behind her, supporting her rise was her mentor Raven Wilkinson. Raven had been virtually alone in her quest to breach the all-white ballet world when she fought to be taken seriously as a Black ballerina in the 1950s and 60s. A trailblazer in the world of ballet decades before Misty's time, Raven faced overt and casual racism, hostile crowds, and death threats for having the audacity to dance ballet. *The Wind at My Back* tells the story of two unapologetically Black ballerinas, their friendship, and how they changed each other—and the dance world—forever. Misty Copeland shares her own struggles with racism and exclusion in her pursuit of this dream career and honors the women like Raven who paved the way for her but whose contributions have gone unheralded. She celebrates the connection she made with her mentor, the only teacher who could truly understand the obstacles she faced, beyond the technical or artistic demands. A beautiful and wise memoir of intergenerational friendship and the impressive journeys of two remarkable women, *The Wind at My Back* captures the importance of mentorship, of shared history, and of respecting the past to ensure a stronger future.

The Ballet Companion Mar 30 2021 A New Classic for Today's Dancer *The Ballet Companion* is a fresh, comprehensive, and thoroughly up-to-date reference book for the dancer. With 150 stunning photographs of ballet stars Maria Riccetto and Benjamin Milleped demonstrating perfect execution of positions and steps, this elegant volume brims with everything today's dance student needs, including: Practical advice for getting started, such as selecting a school, making the most of class, and studio etiquette Explanations of ballet fundamentals and major training systems An illustrated guide through ballet class -- warm-up, barre, and center floor Guidelines for safe, healthy dancing through a sensible diet, injury prevention, and cross-training with yoga and Pilates Descriptions of must-see ballets and glossaries of dance, music, and theater terms Along the way you'll find technique secrets from stars of American Ballet Theatre, lavishly illustrated sidebars on ballet history, and tips on everything from styling a

ballet bun to stage makeup to performing the perfect pirouette. Whether a budding ballerina, serious student, or adult returning to ballet, dancers will find a lively mix of ballet's time-honored traditions and essential new information. *The Story of Misty Copeland* Jun 01 2021 Discover the life of Misty Copeland—a story about changing the world through dance, for kids ages 6 to 9 Misty Copeland is the first Black female principal dancer for the American Ballet Theatre. Before she made history and became a symbol of change in the world of ballet, she was a determined girl who loved watching gymnastics and dancing on the drill team. She worked hard and overcame many obstacles to fulfill her dream of becoming a great ballerina. This book helps kids explore how Misty went from being a shy young girl growing up in California to a world-famous ballet dancer and a role model to many people. This Misty Copeland book for kids includes: Core curriculum—Kids will learn the Who, What, Where, When, Why, and How of Misty's life so far, and take a quick quiz to test their knowledge. Her lasting change—This book explains Misty's impact and how she changed the world of ballet for future generations. Short chapters—Brief chapters divide Misty's story into smaller sections that inspire new readers to keep reading. How will Misty's dedication and positive outlook inspire the child in your life?

An Unlikely Ballerina Jan 20 2023 Kar-Ben Read-Aloud eBooks with Audio combine professional narration and text highlighting to bring eBooks to life! Young Lily Marks loves to stand on her tiptoes. When her parents notice weakness in her legs, her doctor suggests dancing lessons to strengthen them. Lily falls in love with ballet—but can this fragile girl ever become a serious dancer? When the famous ballerina Anna Pavlova comes to town, Lily just has to meet her. Maybe Pavlova—small, delicate, and Jewish like Lily—hold the key to Lily's future.

Bunheads Aug 23 2020 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.

Misty Copeland Dec 19 2022 It isn't very often that late bloomers are called prodigies, but Misty Copeland is an extraordinary case. At the age of 13, she began her formal ballet training, which is considerably later than most children begin ballet. In 2015, Copeland was promoted from soloist to principal at American Ballet Theatre, one of the world's premiere ballet companies. She has written a memoir and a children's book, and starred in the screen adaptation of her memoir. She advocates for inclusivity in the classical ballet world and as well as body positivity for young women.

Once A Dancer Dec 27 2020 Balanchine ballerina Allegra Kent tells her singular story with the same originality, freshness, and grace she has brought to the stage. The book should be required reading for dancers everywhere for years to come. of photos.

Bunheads Apr 23 2023 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.

Life in Motion Oct 29 2023 Profiles the life and career of the professional ballerina, covering from when she began dance classes at age thirteen in an after-school community center through becoming the only African American soloist dancing with the American Ballet Theatre.

Apollo's Angels Sep 16 2022 NATIONAL BESTSELLER For more than four hundred years, the art of ballet has stood at the center of Western civilization. Its traditions serve as a record of our past. Lavishly illustrated and beautifully told, *Apollo's Angels*—the first cultural history of ballet ever written—is a groundbreaking work. From ballet's origins in the Renaissance and the codification of its basic steps and positions under France's Louis XIV (himself an avid dancer), the art form wound its way through the courts of Europe, from Paris and Milan to Vienna and St. Petersburg. In the twentieth century, émigré dancers taught their art to a generation in the United States and in Western Europe, setting off a new and radical transformation of dance. Jennifer Homans, a historian, critic, and former professional ballerina, wields a knowledge of dance born of dedicated practice. Her admiration and love for the ballet, as *Entertainment Weekly* notes, brings "a dancer's grace and sure-footed agility to the page." NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • LOS ANGELES

My Daddy Can Fly! (American Ballet Theatre) Aug 03 2021 For young dance lovers, a picture book about a young boy whose father has the unique position as a ballet dancer. Written by American Ballet Theatre principal dancer Thomas Forster. Ben and his friends are playing in their favorite part of the classroom-- the dress-up corner! They are talking about what they want to be when they grow up. Rachel wants to be a taekwon do master, Dixie wants to be a doctor like her auntie, and John wants to be a teacher just like their teacher, Mr. Underwood. But when Ben says he wants to fly just like his daddy, his friends are sure his daddy must be a pilot. Ben tells his friends that they aren't even close, but he offers a few more clues. His daddy is strong, gentle, fierce, and fast. His friends have lots of guesses, but no one lands on the right one until Ben gives them the biggest clue of all. Written by a dad who is also a professional ballet dancer, this story will appeal to all ballet dancing children and their loved ones.

An Unlikely Ballerina Jul 26 2023 Young Lily Marks loves to stand on her tiptoes. When her parents notice weakness in her legs, her doctor suggests dancing lessons to strengthen them. Lily falls in love with ballet—but can this fragile girl ever become a serious dancer? When the famous ballerina Anna Pavlova comes to town, Lily just has to meet her. Maybe Pavlova—small, delicate, and Jewish like Lily—hold the key to Lily's future.

Hope in a Ballet Shoe Jan 08 2022 Hope in a Ballet Shoe tells the story of Michaela DePrince. Growing up in war-torn Sierra Leone, she witnessed atrocities that no child ever should. Her father was killed by rebels and her mother died of famine. Sent to an orphanage, Michaela was mistreated and saw the brutal murder of her favourite teacher. Then 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.

Ballerina Dreams: From Orphan to Dancer (Step Into Reading, Step 4) Jun 20 2020 Perfect for newly independent readers—discover the amazing life of one of America's top ballerinas, Michaela DePrince, whose story is soon to be told in a major motion picture directed by Madonna. At the age of three, Michaela DePrince found a photo of a ballerina that changed her life. She was living in an orphanage in Sierra Leone at the time, but was soon adopted by a family and brought to America. Michaela never forgot the photo of the dancer she once saw, and quickly decided to make her dream of becoming a ballerina come true. She has been dancing ever since and is now a principal dancer in New York City and has been featured in the ballet documentary *First Position*, as well as *Dancing with the Stars*, *Good Morning America*, and *Oprah* magazine. Young readers will love learning about this inspiring ballerina in this uplifting and informative leveled reader. This Step 4 Step into Reading book is for newly independent readers who read simple sentences with confidence.

A Rose for Melinda Oct 25 2020 Told in letters, journal entries, e-mails, doctors' reports, and instant messages, the heartbreaking story of an aspiring ballet dancer battling leukemia. From: Melinda Skye To: Readers Subject: Jesse Hi! I can't believe it. What a surprise from Jesse. When he got my e-mail about being accepted by the Washington School of Classical Dance's summer program, he called to congratulate me! I loved hearing his voice. We've been friends forever—could it turn into something more? Melinda From: Jesse Rose To: Readers Subject: Melinda I couldn't believe the news. Melinda is so young! How could she be sick? How did she get leukemia? She's got to get better. She's got to. Jesse

Danza! Nov 06 2021 Award-winning author and illustrator Duncan Tonatiuh tells the story of Amalia Hernández, dancer and founder of El Ballet Folklórico de México. Published in time for the 100th anniversary of Hernández's birth, *Danza!* is the first picture book about the famous dancer and choreographer. *Danza!* is a celebration of Hernández's life and of the rich history of dance in Mexico. As a child, Amalia always thought she would grow up to be a teacher, until she saw a performance of dancers in her town square. She was fascinated by the way the dancers twirled and swayed, and she knew that someday she would be a dancer, too. She began to study many different types of dance, including ballet and modern, under some of the best teachers in the world. Hernández traveled throughout Mexico studying and learning regional dances. Soon she founded her own dance company, El Ballet Folklórico de México, where she integrated her knowledge of ballet and modern dance with folkloric dances. The group began to perform all over the country and soon all over the world, becoming an international sensation that still tours today. Duncan Tonatiuh's picture books have been honored with many awards and accolades, including the Pura Belpré Award, the Robert F. Sibert Award, and the New York Times Best Illustrated Book Award. With Tonatiuh's distinctive Mixtec-inspired artwork and colorful drawings that seem to leap off the page, *Danza!* will enthrall and inspire young readers with the fascinating story of this important dancer and choreographer.

The Secret of the Ballet Book Feb 09 2022 *The Secret of the Ballet Book* (Children's Fantasy Book, Ballet Fiction, Children's Mystery Book, Children's Career Book) Would Sierra live to prove she is a famous-ballerina-to-be? Sierra's only hope of saving her ballerina dreams is an ordinary ballet book, or so it seems - until a dancer steps out

of a page. What's more? Rosella, the ballerina, offers to train Sierra for the audition which might convince her schoolwork-obsessed mum that her daughter is a famous-ballerina-to-be. Sierra cannot believe her luck. Except that Rosella's fate is now in her hands: if she fails to find a way to free Rosella from the magic spells of the witch who trapped her in the book, the dancer will forever have to return to the page within a few hours, whenever she comes out. But even scarier is that if Rosella misses the witch's deadline, she will disappear. And this is just the beginning of Sierra's challenges ... Could Sierra overcome them, and succeed at her audition to avoid having to quit ballet school and give up dance? Would she get Rosella out of the ballet book for good? Or would Sierra end up inside the book too? Worse still, disappear?

Ballerina Body May 24 2023 The celebrated ballerina and role model shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

Dancing Through It Mar 22 2023 "A glimpse into the fragile psyche of a dancer." —The Washington Post Jenifer Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and weight. Ballet aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review. An unusually upbeat account of life on the stage, *Dancing Through It* is also a coming-of-age story and an inspiring memoir of faith and of triumph over the body issues that torment all too many women and men.

The Italian Ballerina Aug 15 2022 At the height of the Nazi occupation of Rome, an unlikely band of heroes comes together to save innocent lives in this breathtaking World War II novel based on real historical events. Rome, 1943. With the fall of Italy's Fascist government and the Nazi regime occupying the streets of Rome, British ballerina Julia Bradbury is stranded and forced to take refuge at a hospital on Tiber Island. But when she learns of a deadly sickness sweeping through the quarantine wards—a fake disease known only as Syndrome K—she is drawn into one of the greatest cons in history. Alongside hospital staff, friars of the adjoining church, and two Allied medics, Julia risks everything to rescue Jewish Italians from the deadly clutches of the Holocaust. Soon a little girl who dreams of becoming a ballerina arrives at their door, and Julia is determined to reunite the young dancer with her family—if only she would reveal one crucial secret: her name. Present Day. Delaney Coleman recently lost her grandfather—a beloved small-town doctor and World War II veteran, so she returns home to help her aging parents. When a mysterious Italian woman reaches out claiming to own one of the family's precious heirlooms, Delaney is compelled to travel to Italy and uncover the truth of her grandfather's hidden past. With the help of the woman's skeptical but charming grandson, Delaney learns of a Roman hospital that saved hundreds of Jewish people during the war. Soon, everything Delaney thought she knew about her grandfather comes into question. Based on true accounts of the invented Syndrome K sickness, *The Italian Ballerina* journeys from the Allied storming of the beaches at Salerno to the London ballet stage and the war-torn streets of World War II Rome, exploring the sometimes heart-wrenching choices we must make to find faith and forgiveness, and how saving a single life can impact countless others. Split timeline: WWII and present day Stand-alone novel Book length: approximately 107,000 words Includes discussion questions for book clubs

Life in Motion (Regular Ed - Preap) Jul 14 2022

Taking Flight Nov 18 2022 "The memoir of Michaela DePrince, who lived the first few years of her life in war-torn Sierra Leone until being adopted by an American Family. Now seventeen, she is one of the premiere ballerinas in the United States"--

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