Dancers' Body Book

By Kent, Allegra

William Morrow Paperbacks, 1984. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Ballet dancers have the strongest, most beautiful, probably the most envied bodies in the world. How do they stay slender and willowy while maintaining the extraordinary energy it takes to perform night after night? Can a nondancer or an amateur attain a dancer's figure and a dancer's vitality? And keep it? Here, in The Dancers' Body Book, the legendary ballerina Allegra Kent discloses the health, weight-watching, and relaxation secrets of some of the world's greatest ballet dancers -- from Suzanne Farrell and Fernando Bujones to Darcì Kistler and Madame Alexandra Danilova. Combining them with two well-balanced diets -- one to lose weight by and one to live by -- and an exercise regimen that can be tailored to the individual, she provides a fabulous fitness program for everyone who longs to be slimmer, healthier, and more energetic. Fourteen varied menus incorporate delicious recipes from the dancers themselves (such as Jacques D'Amboise's Wonderful Dinner Salad and Dierdre Carberry's Almond Meringue Kisses), along with calorie guides and advice on how to create additional menus using your own favorite dishes. Helpful discussions on sports and...

Reviews

This publication is wonderful. I actually have go through and i am sure that i am going to going to study once more once more down the road. I am easily could get a enjoyment of studying a written book.

-- Mozelle Halvorson

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

-- Rachel Stiedemann
The dancers' body book. by Kent, Allegra; Camner, James; Camner, Constance. Books to Borrow. Books for People with Print Disabilities. Internet Archive Books. Scanned in China. Uploaded by Alethea Bowser on December 19, 2011. Here, in The Dancers' Body Book, the legendary ballerina Allegra Kent discloses the health, weight-watching, and relaxation secrets of some of the world's greatest ballet dancers -- from Suzanne Farrell and Fernando Bujones to Darci Kistler and Madame Alexandra Danilova. Combining them with two well-balanced diets -- one to lose weight by and one to live by -- and an exercise regimen that can be tailored to the individual, she provides a fabulous fitness program for everyone who longs to be slimmer, healthier, and more energetic. Of course, the most essential piece of equipment, the body, needs the most care of all, and that is what this book is about: how to take care of the world's greatest machine. Grateful acknowledgment is made to the editors of the following books, contests, and journals in which some of these essays first appeared: Apollo's Lyre, Island Rose; The Bend, Body of a Dancer; Black Canyon Quarterly, Attending a Wedding: NYC; Cadillac Cicatrix, Theatrical Release; Keyhole, Audition # 99; and Dancing in the Park; Mid-American Review, Graham Crackers, which was named a Notable Essay. The body of a dancer has an ache in her abdomen. The doctor has never seen such abdominal muscles. He's never seen such a loosey-goosey, leggy person before. For a long time in the weight loss industry, a big concept was self-control and that's one of the main ideas Allegra Kent promotes in The Dancers' Body Book. My mom gave me this book when I was in my early teens. She trusted it because it was written by a well-known ballet star. When I read some of it aloud on Christmas morning she said, 'hey wait, give that back! in horror. I convinced her to let me keep it and I was strongly influenced by the unhealthy suggestions it offered. Today, let's tackle this idea that self-control is the necessary component to attaining the ideal dancers bod...