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# Ballerina Body

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Turning Pointe  
Ballerina Body  
What You Become in Flight  
The Body in Time  
Bunheads  
Being a Ballerina  
Body of a Dancer  
Ballet for Life  
Ballet Beautiful  
Ballerina  
Ballerina Body  
Diet for Dancers  
The Healthy Dancer  
Dying Swans and Madmen  
Ballet as Body Language  
Naturally Sassy  
The Dancers' Body Book  
The Evolving Feminine Ballet Body  
The Roots of Educational Inequality  
Dancing Shapes  
The Art of Movement  
Occupational Outlook Handbook  
Life in Motion  
A Body of Work  
Misty Copeland  
Black Ballerinas  
Firebird  
Celestial Bodies  
The Ballet Companion  
The Old Ballerina  
Misty Copeland  
Ballerina Body  
Ballerina  
Dancing Shapes  
The Dancer's Way  
Dancing Through It  
Life in Motion  
Celestial Bodies

Apollo's Angels  
The Dancer's Body

*Ballerina Body*

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## ODONNELL EVA

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*Turning Pointe* Etruscan Press

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.

**Ballerina Body** Grand Central Publishing

"Poignant and exquisite"--The Los Angeles Review of Books "An inspiring and powerful book"--Booklist "A genuinely absorbing read"--Kirkus "Revelatory, honest, and wondrous."--Chanel Miller, author of *Know My Name* A lyrical and meditative memoir on the damage we inflict in the pursuit of perfection, the pain of losing our dreams, and the power of letting go of both. With a promising career in classical ballet ahead of her, Ellen O'Connell Whittet was devastated when a misstep in rehearsal caused a career-ending injury. Ballet was the love of her life. She lived for her moments under the glare of the stage-lights--gliding through the air, pretending however fleetingly to effortlessly defy gravity. Yet with a debilitating injury forcing her to reconsider her future, she also began to reconsider what she had taken for granted in her past. Beneath every perfect arabesque was a foot, disfigured by pointe shoes, stuffed--taped and bleeding--into a pink, silk slipper. Behind her ballerina's body was a young girl starving herself into

a fragile collection of limbs. Within her love of ballet was a hatred of herself for struggling to achieve the perfection it demanded of her. In this raw and redemptive debut memoir, Ellen O'Connell Whittet explores the silent suffering of the ballerina--and finds it emblematic of the violence that women quietly shoulder every day. For O'Connell Whittet, letting go of one meant confronting the other--only then was it possible to truly take flight.

**What You Become in Flight** Black Dog & Leventhal

"A remarkably clear-eyed descent into New York's surreal world of modern dance peopled by the obsessed, dispossessed, sexy, suicidal, brutal, broke, and absurd."--Lance Olsen, author of *Nietzsche's Kisses* The award-winning writer Renée E. D'Aoust draws from her experiences as a modern dancer in New York during the nineties. Her luminous prose spotlights this passionate, often brutal world. Trained at the prestigious Martha Graham Center, D'Aoust intertwines accounts of her own and other dancers' lives with essays on modern dance history. A dancer's body, scarred, strained, and tough, bears witness to the discipline demanded by the art form. *Body of a Dancer* provides a powerful, acidly comic record of what it is to love, and eventually leave, a life centered on dance. "With exquisite description, absolute honesty, and a clear compelling voice, *Body of a Dancer* offers an unforgettable account of one artist's bittersweet journey."--Dinty W. Moore Renée E. D'Aoust's essays have been featured as notable essays in *Best American Essays* in 2006, 2007, and 2009. Her nonfiction work has been included in the anthology *Reading Dance*, edited by Robert Gottlieb and nominated for the Pushcart Prize. D'Aoust is the recipient of an NEA Dance Criticism fellowship and grants from The Puffin Foundation and the Idaho Commission on the Arts.

**The Body in Time** Ewha Womans University Press

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.

**Bunheads** Simon and Schuster

From mid-twentieth-century films such as *Grand Hotel*, *Waterloo Bridge*, and *The Red Shoes* to recent box-office hits including *Billy Elliot*, *Save the Last Dance*, and *The Company*, ballet has found its way, time and again, onto the silver screen and into the hearts of many otherwise unlikely audiences. In *Dying Swans and Madmen*, Adrienne L. McLean explores the curious pairing of classical and contemporary, art and entertainment, high culture and popular culture to reveal the ambivalent place that this art form occupies in American life. Drawing on examples that range from musicals to tragic melodramas, she shows how commercial films have produced an image of ballet and its artists that is associated both with joy, fulfillment, fame, and power and with sexual and mental perversity, melancholy, and death. Although ballet is still received by many with a lack of interest or outright suspicion, McLean argues that these attitudes as well as ballet's popularity and its acceptability as a way of life and a profession have often depended on what audiences first learned about it from the movies.

**Being a Ballerina** Da Capo Lifelong Books

Misty Copeland is probably the most famous ballerina in the world. She didn't begin dancing until age thirteen, but she quickly surpassed all her peers to be declared a prodigy. Her hard work and talent have landed her the career of a lifetime. Through engaging text and quotes from the dancer, readers will learn about Copeland's life, hardships, and accomplishments. Full-color photos from throughout Copeland's life will give readers insight into the dancer's personal life and career. The glossary helps readers learn new vocabulary, while Further Reading encourages

deeper exploration into the world of dance.

*Body of a Dancer* University Press of Florida

A distinguished dance critic offers an enchanting introduction to the art of ballet. As much as we may enjoy *Swan Lake* or *The Nutcracker*, for many of us ballet is a foreign language. It communicates through movement, not words, and its history lies almost entirely abroad—in Russia, Italy, and France. In *Celestial Bodies*, dance critic Laura Jacobs makes the foreign familiar, providing a lively, poetic, and uniquely accessible introduction to the world of classical dance. Combining history, interviews with dancers, technical definitions, descriptions of performances, and personal stories, Jacobs offers an intimate and passionate guide to watching ballet and understanding the central elements of choreography. Beautifully written and elegantly illustrated with original drawings, *Celestial Bodies* is essential reading for all lovers of this magnificent art form.

*Ballet for Life* Harper Collins

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.

*Ballet Beautiful* Hachette UK

*The Roots of Educational Inequality* chronicles the transformation of one American high school over the course of the twentieth century to explore the larger political, economic, and social factors that have contributed to the escalation of educational inequality in modern America. In 1914, when Germantown High School officially opened, Martin G. Brumbaugh, the superintendent of the School District of Philadelphia, told residents that they had one of the finest high schools in the nation. Located in a suburban neighborhood in Philadelphia's northwest corner, the school provided Germantown youth with a first-rate education and the necessary credentials to secure a prosperous future. In 2013, almost a century later, William Hite, the city's superintendent, announced that Germantown High was one of thirty-seven schools slated for closure due to low academic

achievement. How is it that the school, like so many others that serve low-income students of color, transformed in this way? Erika M. Kitzmiller links the saga of a single high school to the history of its local community, its city, and the nation. Through a fresh, longitudinal examination that combines deep archival research and spatial analysis, Kitzmiller challenges conventional declension narratives that suggest American high schools have moved steadily from pillars of success to institutions of failures. Instead, this work demonstrates that educational inequality has been embedded in our nation's urban high schools since their founding. The book argues that urban schools were never funded adequately. Since the beginning of the twentieth century, urban school districts lacked the tax revenues needed to operate their schools. Rather than raising taxes, these school districts relied on private philanthropy from families and communities to subsidize a lack of government aid. Over time, this philanthropy disappeared leaving urban schools with inadequate funds and exacerbating the level of educational inequality.

*Ballerina* Rutgers University Press

A chic and informative guide to the Ballet Beautiful method, featuring dance-inspired exercises, wellness tips, and lifestyle advice that help readers achieve ballerina confidence and self-esteem. After a career with the New York City Ballet, Mary Helen Bowers created Ballet Beautiful, a fitness and lifestyle program inspired by ballet's artistry and athleticism. Designed to give anyone a ballerina body, Bowers's targeted exercises tone and lengthen muscles, develop good posture, and teach grace in movement. Since launching in 2008, Bowers and her training have been sought after by celebrities and models (Alexa Chung, Liv Tyler, and Miranda Kerr, to name a few), as well as thousands of women across the globe through their streaming service. This book delves into the Ballet Beautiful universe, showing readers how to attain a ballerina's lean and powerful physique and graceful poise via exercises, posture lessons, wellness tips, and fashion and beauty advice that can be effortlessly incorporated into everyday routines. The book features original images by the legendary photographers Inez and Vinoodh coupled with technical photographs illustrating the Ballet Beautiful workout and lifestyle. A refreshing antidote to traditional fitness programs and restrictive diets, this book is a stylish and instructional guide to transforming your body and life through ballet.

**Ballerina Body** Melville House

A distinguished dance critic offers an enchanting introduction to the art of ballet. As much as we may enjoy *Swan Lake* or *The Nutcracker*, for many of us ballet is a foreign language. It communicates through movement, not words, and its history lies almost entirely abroad—in Russia, Italy, and France. In *Celestial Bodies*, dance critic Laura Jacobs makes the foreign familiar, providing a lively, poetic, and uniquely accessible introduction to the world of classical dance. Combining history, interviews with dancers, technical definitions, descriptions of performances, and personal stories, Jacobs offers an intimate and passionate guide to watching ballet and understanding the central elements of choreography. Beautifully written and elegantly illustrated with original drawings, *Celestial Bodies* is essential reading for all lovers of this magnificent art form.

*Diet for Dancers* Penguin

*Dancers and the Dance*—and the obsession that drives artists to create.

*The Healthy Dancer* Open Road Media

A stunning celebration of movement and dance in hundreds of breathtaking photographs by the creative team behind NYC Dance Project. The Art of Movement is an exquisite collection of photographs by well-known dance photographers Ken Browar and Deborah Ory that capture the movement, flow, energy, and grace of many of the most accomplished dancers in the world. Featured are more than 70 dancers from companies including American Ballet Theatre, New York City Ballet, Alvin Ailey American Dance Theater, Martha Graham Dance Company, Boston Ballet, Royal Danish Ballet, The Royal Ballet, Abraham in Motion, and many more. Accompanying the photographs are intimate and inspiring words from the dancers, as well as from choreographers and artistic directors on what dance means to them.

*Dying Swans and Madmen* Grand Central Life & Style

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.

**Ballet as Body Language** University of Alberta

A reckoning with one of our most beloved art forms, whose past and present are shaped by gender, racial, and class inequities—and a look inside the fight for its future Every day, in dance studios all across America, legions of little children line up at the barre to take ballet class. This time in the studio shapes their lives, instilling lessons about gender, power, bodies, and their place in the world both in and outside of dance. In *Turning Pointe*, journalist Chloe Angyal captures the intense love for ballet that so many dancers feel, while also grappling with its devastating shortcomings: the power imbalance of an art form performed mostly by women, but dominated by men; the impossible standards of beauty and thinness; and the racism that keeps so many people of color out of ballet. As the rigid traditions of ballet grow increasingly out of step with the modern world, a new generation of dancers is confronting these issues head on, in the studio and on stage. For ballet to survive the twenty-first century and forge a path into a more socially just future, this reckoning is essential.

**Naturally Sassy** Rizzoli Publications

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 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. 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 exercise systems -- ranging from jogging and swimming to the sophisticated "Pilates" workout -- are also included, and in a special chapter entitled "A Healthy Outlook," the dancers talk candidly on such issues as smoking, anorexia, vitamins, doctors, massage, junk foods, fad diets, and injuries. Dancers take meticulous care of all their equipment because training and performance depend on it. 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. Allegra Kent joined the New York City Ballet at the age of fifteen and was a principal dancer with the company for thirty years, during which time she created a number of starring roles in ballets by Balanchine and Robbins. The mother of two daughters and a son, she is also the author of *Allegra Kent's Water Beauty Book*.

**The Dancers' Body Book** Simon and Schuster

In her first health and fitness book, celebrated ballerina Misty Copeland shows you how to find the motivation to get healthier and stronger, and how to refine the body you were born with to be lean, strong and flexible, with step-by-step advice, meal plans, workout routines and words of inspiration. Misty offers her own time-tested, ballet-inspired movements that are perfect for women who want to lengthen and strengthen, but don't want to run a marathon or lift weights. She also demonstrates the floor exercises that helped maintain her own ballerina body while recovering from an injury. Misty's eating plan focuses on vegetables, fruits, plant fats, animal proteins and beneficial oils - all of which keep her energetic and in top shape. With simple and delicious recipes for Granola, Spinach and Goat Cheese Salad, Quick Salsa Chili, and even a Ballerina Smoothie, you'll be satisfied and happy while getting leaner. To keep you motivated, Misty gives tips and words of encouragement on persevering even when you may want to give up, including a peek into her personal

journal, to inspire you and help you stay on the road to your own ballerina body.

**The Evolving Feminine Ballet Body** Bold Type Books

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.

**The Roots of Educational Inequality** Penguin

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 Millepied 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.  
Dancing Shapes Dance Horizons

Outlines a transformative approach to reshaping the body that

draws on ballet traditions for weight loss, muscle toning, and elegant poise.