



# The Dancer's Way: The New York City Ballet Guide to Mind, Body, and Nutrition

*Linda H. Hamilton, New York City Ballet*

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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.

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