

The book was found

Saved By The Blues: 36 Stories Of Transformation Through Blues Music And Dancing



Synopsis

What do you do when you get the blues? After reading this book, youâ™re going to want to dance. Blues music is known as the soundtrack of heartaches and hardships, but the practice of singing, playing, or listening to the blues has always been used as a mechanism to transform tragedy into beauty. So itâ™s no wonder that the powerful emotional response blues music evokes evolved into an intimate partner danceâ™with a global movement of dedicated followers. For many, the dance has become not just an art but a powerful tool for self-expression, physical well-being, community buildingâ™and transformation. This book shares inspirational stories of thirty-six blues dancers from North America, to Europe, to India and even the Middle East. Learn how blues dancing has helped individuals:

- â€¢ Overcome depression and social anxiety
- â€¢ Ease symptoms of chronic fatigue syndrome/fibromyalgia
- â€¢ Experience relief from post-traumatic stress disorder (PTSD)
- â€¢ Regain mobility after severe back and knee pain
- â€¢ Recover from divorce or relationship dissolution

Read *Saved by the Blues* and be compelled to see where the blues can take youâ™ |

Book Information

Paperback: 366 pages

Publisher: Duende Press (April 7, 2016)

Language: English

ISBN-10: 0991525434

ISBN-13: 978-0991525430

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ™Â™ See all reviewsÂ™ (2 customer reviews)

Best Sellers Rank: #1,764,643 in Books (See Top 100 in Books) #27 inÂ™ Books > Arts & Photography > Performing Arts > Dance > Jazz #6745 inÂ™ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #140036 inÂ™ Books > Humor & Entertainment

Customer Reviews

I was featured in this book, so I planned to just read my story.....but she did such a great job with my story, I decided to read one more...and then another...and another...What a great book!!!As a social dancer, I could relate to a lot of the stories and ideas and it's great to see them shared in such a riveting way.Each story was so good, I wanted to read the next one!

This put a smile on my face every time I picked it up. The stories are all so personal and

heartwarming. The author has a knack for capturing each person's passion - you feel like you are in the room with them as they are sharing their experience. You don't have to be a dancer to appreciate this book; the themes are universal as all of these individuals are seeking connection, not only to others but also to a more meaningful life. Though not a dancer myself, I was very moved by this book - and it surely made me want to try blues dancing!

[Download to continue reading...](#)

Saved by the Blues: 36 Stories of Transformation through Blues Music and Dancing Mail Order
Bride: The Crippled and Beaten Bride Saved by His Love: Clean and Wholesome Western Historical
Romance (Mail Order Brides for A Town Called Hope Book 4) Creative Revolution: Personal
Transformation through Brave Intuitive Painting Better Than New: Lessons I've Learned from
Saving Old Homes (and How They Saved Me) The Journey That Saved Curious George Young
Readers Edition: The True Wartime Escape of Margret and H. A. Rey Lincoln Tells a Joke: How
Laughter Saved the President (and the Country) SOZO Saved Healed Delivered: A Journey into
Freedom with the Father, Son, and Holy Spirit Miracle at Coney Island: How a Sideshow Doctor
Saved Thousands of Babies and Transformed American Medicine (Kindle Single) Mail Order Bride:
A Rejected Bride and Baby Saved by the Indian Outsider Subtle Activism: The Inner Dimension of
Social and Planetary Transformation (SUNY series in Transpersonal and Humanistic Psychology)
Saved by the Boats: The Heroic Sea Evacuation of September 11 (Encounter: Narrative Nonfiction
Picture Books) Dog Medicine: How My Dog Saved Me from Myself Grandma Gatewood's Walk: The
Inspiring Story of the Woman Who Saved the Appalachian Trail Van Halen Rising: How a Southern
California Backyard Party Band Saved Heavy Metal The Retirement Rescue Plan: Retirement
Planning Solutions for the Millions of Americans Who Haven't Saved "Enough" The Angel: The
Egyptian Spy Who Saved Israel Irena's Children: The Extraordinary Story of the Woman Who
Saved 2,500 Children from the Warsaw Ghetto Outsource or Else!: How a VP of Software Saved
His Company George Washington's Secret Six: The Spy Ring That Saved America Millions Saved:
New Cases of Proven Success in Global Health

[Dmca](#)