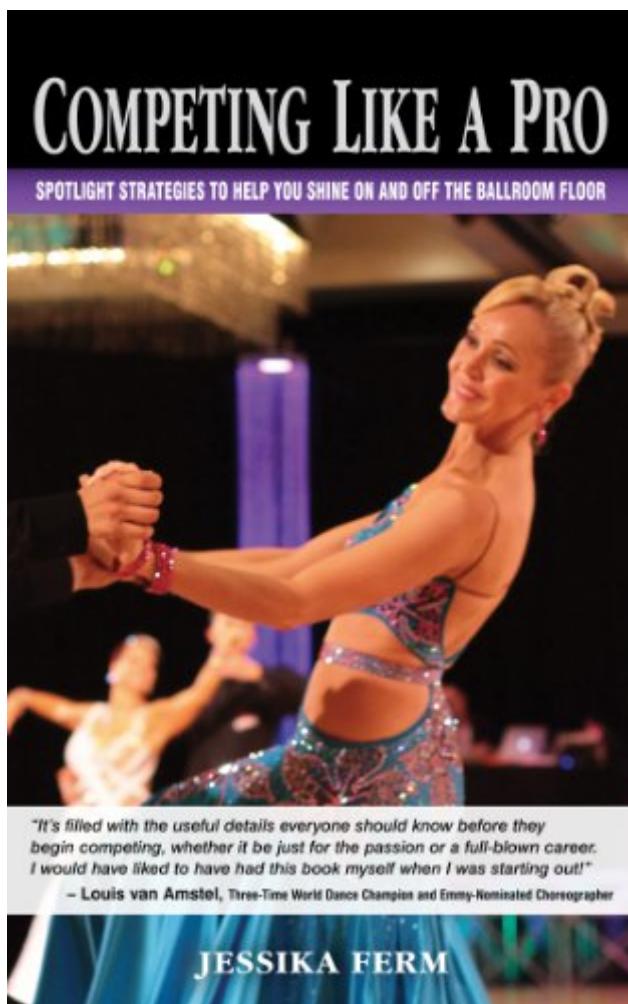


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# Competing Like A Pro: Spotlight Strategies To Help You Shine On And Off The Ballroom Floor



## Synopsis

Incorporating concepts from ballroom dancing, sports psychology, personal development, and business management, this must-read book offers strategies, secrets, tips, and tools to help dancers of every level improve their dancing experience and competing success—while maximizing the joy of ballroom dancing. Competing Like a Pro features interviews with over 20 top judges, competition organizers, professional dancers, amateur dancers, costume designers, hair stylists, and make-up artists. Never before have so many experts shared so many secrets in one comprehensive book! Read their amazing success stories—and you'll be Competing Like a Pro in no time!

## Book Information

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## Customer Reviews

Very Helpful, Insightful, accurate, Would really like more info from more judges. More pictures of how a champ puts herself together A to Z

This book is by no means a pocket guide to ballroom competition; it's more like a textbook! Complete with worksheets and checklists for you to fill out as you work through the chapters, Competing Like a Pro guides you through the various stages of preparing for competition.

Jessika explains at the beginning of the book that it is meant for both beginners and experienced competitors, and the chapters can stand alone so you don't need to digest the entire book at once. I found the book to be very well organized and easy to read, and I really appreciated that she didn't ignore the non-dance challenges of competing like the massive expense and the emotional rollercoaster that many of us experience. Each one gets its own chapter! Each chapter also ends with interview insights from a variety of people, including judges, professional dancers, as well as competitive students. I confess that when I first received the book and saw the price listed on the back, I balked. Then I chalked it up to a ballroom book reflecting ballroom world prices. After reading it though, I realized it's more reflective of textbook prices. If I were to take a class on ballroom competition, I would fully expect this book to be the assigned reading. I can barely imagine all of the work that was put into it, from the interviews to designing the worksheets and checklists to the actual content. Still, I wonder how many people passed up the book because the price seemed too high. Whether you're still deciding if competition is right for you (there's a chapter for that!) or you've been competing for years, this book will have something for you. Dancers just starting out or in their first year or two of competition will gain more obviously, but there are still great insights to be had for those with more experience.

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