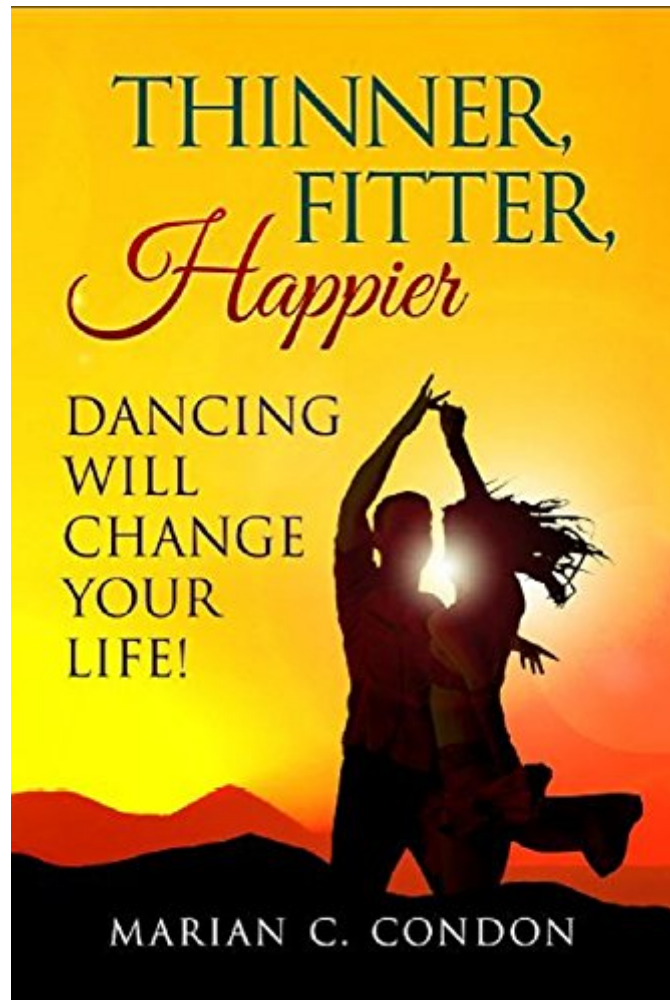




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# Thinner, Fitter, Happier: Dancing Will Change Your Life!



## Synopsis

“Do you need a BOOST? Are you in a RUT? Are you up for more FUN? More FRIENDS? Is it time to reconnect with your PARTNER? Or FIND one? YOU OUGHT TO BE DANCING!

In this upbeat and informative book, writer, dancer and health care professional Dr. Marian Condon promotes dancing as an amazingly healthful and enjoyable form of exercise that transforms lives. Through her own experience, interviews with more than 40 individuals, and research findings, the book presents solid evidence that dancing helps people lose weight, tone up, stand taller and carry themselves with more confidence. The combination of music and movement lifts spirits and banishes blues. The inherent camaraderie and fellowship make even shy and socially anxious dancers feel comfortably at home in their dance communities. Communication and connection between even long-time partners is enhanced. Because of the intense focus required, dancing is also great for the brain - it has been shown to be more effective than any other leisure activity at staving off dementia. Dr. Condon busts the myth that dancing is only for the young, slim and athletic. “If you can WALK,” she writes, “you can DANCE!”

## Book Information

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## Customer Reviews

I approached this book mainly for its relevance to my interests in health promotion topics such as exercise and weight management but found so much more than I expected. Dancing has never been one of my interests, or talents, but I have to say I was intrigued by its many benefits. The author skillfully blends interviews with novice to experienced dancers with the basic scientific evidence in favor of dancing as an enhancer of mental as well as physical health. Her style is witty and engaging so the educational aspects of this book do not detract from its breezy readability. She covers aspects of the various dances styles, the dance industry and competitive dancing for amateurs and pros alike but this does not seem like too much detail. Rather, it serves to increase the reader's understanding of a topic which is only known to its true advocates. An added bonus of reading this on a tablet was the ability to access the video links of students and professional dancers exhibiting many of the dance steps discussed. The footage really makes the text come alive. It's fun to see some of the people mentioned and interviewed in action. And, many of the professional dancers were spectacular. Overall, highly recommended for dancers and non-dancers alike - and, who knows, maybe many who read it will give dancing a try.

This is a fantastic book! I am friends with the author and her book is a must read! I love the combination of factual information about health and dance and the stories of all the dancers that have crossed her path. I must say, I myself am a ballroom dancer and dancing has changed my life. Hopefully, this book can show you how it can change yours too!

Fabulous!

Marion is a fellow ballroom student and writer, and we exchanged books to read and review each other's work. *Thinner, Fitter, Happier...* is a compilation of Marion's personal ballroom journey, interviews with ballroom students and teachers, and a wealth of scientific evidence, designed to convince you that you shouldn't wait another minute to try dance. I really enjoyed reading all of the different stories that people shared with Marion. I already knew how life-changing ballroom can be, but these stories of transformation never cease to amaze me. Marion's personality comes through in her writing. You can tell she's highly intelligent and educated even before you learn she is a

professor with a PhD, and she gets very excited when she gets to talk (or write) about her ballroom passion. Sometimes her mind seemed to get a little distracted in her excitement, as the writing occasionally went off on tangents. Her sense of humor, often self-deprecating like mine, was also weaved into her writing, which made it feel like you were having a conversation with a really smart friend instead of listening to a lecture. One unique aspect of the book is it's interactive! As Marion shares stories of other dancers, she also provides YouTube links so you can actually watch the people perform as you're learning about them! For those who like hard facts and scientific proof of the benefits before entering into something like ballroom, she also provides references and links to the various studies cited throughout the book. Despite the slightly disorganized feel of some parts, I was impressed with all of the interviews that Marion collected and shared in *Thinner, Fitter, Happier*. She didn't stop at ballroom; she also interviewed teachers and students of west coast swing, hustle, salsa and urban dance like hip hop. The second half of the book's title says it all. No matter which style of dance you try, dancing will change your life!

The last time my wife and I tried to dance together, we attempted the Tango and almost got a divorce. She said I "ruptured the corns on her toes with my big, uncoordinated clods." Well, needless to say, I haven't been much of a fan of dancing since. However, my wife and I have been in a bit of a dry spell lately, so I've been trying everything I can to reawaken that spark in her, so to speak. I've taken to reading romance books aloud with her in bed, giving her massages, and writing love notes in shaving cream on her bathroom mirror. It's working! But the thing that has worked the best is learning to dance with my wife. We never should have started with Tango, the hardest dance to learn in the history of the world, when we were first beginning. A simple slow dance, or waltz, or foxtrot will do the trick. Now my wife and I head out to the local community center on Friday nights and dance cheek-to-cheek like Fred Astair and that lady he used to dance with. It's all thanks to this book. We studied it and practiced the steps, and memorized the pointers. The author is right: dancing WILL change your life! It's changed my life... my sex life, that is. An enthusiastic five stars for this amazing book.

*Thinner, Fitter, Happier Dancing Will Change Your Life!* By Marian C. Condone is the personal story of one woman's journey turning her life and health around through dance and the associations with ballroom dancing. Marian gives her perspective with humor and honesty. She portrays the feelings, insecurities and joys of accomplishing complex routines with the help and support of her dance

instructor and the other Arthur Murray students. As a relatively new dance student, I identified with Marian's review of the dance experience. She does a great job in relating the life changing benefits and self confidence dance provides. It just takes one step or Cha Cha to improve your outlook on life. All you Dancing with the Stars wannabes take that step, read this book, then get up and DANCE!

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