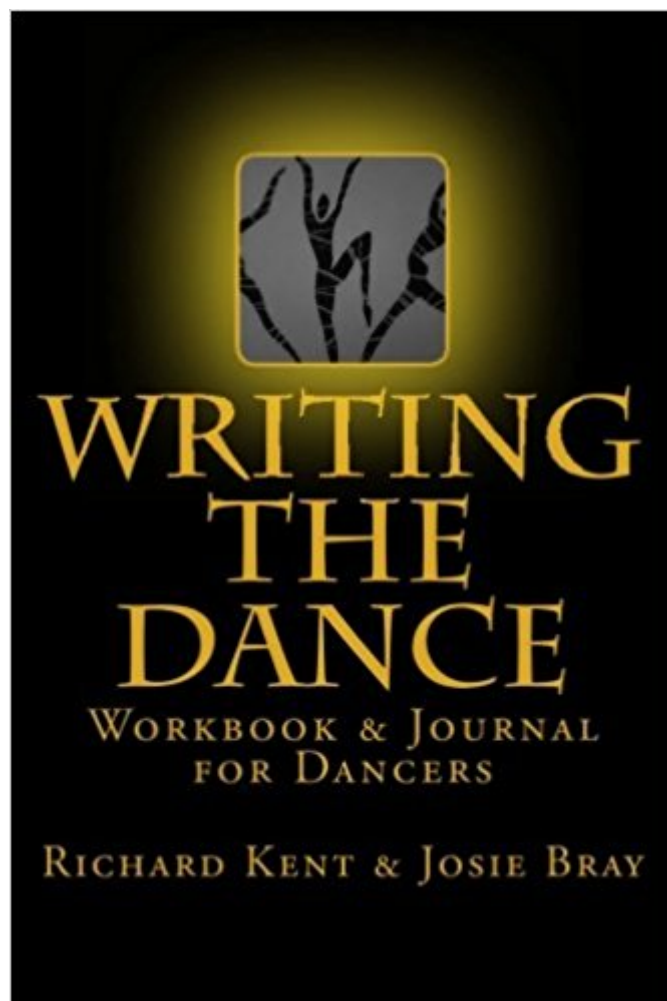


The book was found

# Writing The Dance: Workbook & Journal For Dancers



## Synopsis

Published in cooperation with the National Writing Project, *Writing the Dance* provides dancers and dance students of all abilities with an opportunity to immerse, think broadly, and connect deeply to the inner life of the dancer. Within this book you'll find a wide variety of reflective activities that can optimize a dancer's performance, including prompts and analysis pages for classes, rehearsals, and performances. This workbook-journal allows dancers to come to know their work in the studio and on stage in a more intimate and detailed way. For discounted class or studio orders, visit the book's resource website: [WritingTheDance.Com](http://WritingTheDance.Com)

## Book Information

Diary: 174 pages

Publisher: Writing Athletes & National Writing Project (October 28, 2013)

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #656,213 in Books (See Top 100 in Books) #169 in Books > Arts & Photography > Performing Arts > Dance > Classical #52573 in Books > Humor & Entertainment

## Customer Reviews

RICHARD KENT is a professor at the University of Maine and co-director of the Maine Writing project, a site of the National Writing Project. Kent is the author of 13 book, including *Writing on the Bus*, *Room 109*, and *The Athlete's Workbook*. JOSIE BRAY is a choreographer who has worked at regional and Off-Broadway theatres, and as an assistant on several national tours and the 2009 Broadway Revival of *Ragtime*. She teaches at Emerson College and is currently producing a new musical intended for Broadway entitled *Trevor*.

Purchased this for my daughter to utilize during summer intensive audition season. She loves it! Uses it daily. Highly recommend if you have a child who is serious about dance~

Very helpful book! Dancers, instructors, and companies will enjoy this book. It breaks down step - by

-step dance instruction. For all ages.

Loved it!!! It was a gift and my senior dancer is excited to use it at college this fall! Awesome

Title: Writing The Dance  
Authors: Richard Kent & Josie Bray  
Age group: teen+ all students of dance can benefit  
Published by: Published in cooperation with the National Writing Project @ The University of California/ Berkeley  
Theme/Topic: Reflecting on dance; dancers journal  
Genre: Non fiction; journal  
Opening Synopsis: Writing the Dance provides dancers and dance students of all abilities with an opportunity to immerse, think broadly, and connect deeply to the inner life of the dancer. Within this book you'll find a wide variety of reflective activities that can optimize a dancer's performance, including prompts and analysis pages for classes, rehearsals, and performances. This workbook-journal allows dancers to come to know their work in the studio and on stage in a more intimate and detailed way.  
Quick sum up: This book is a dancer's journal into self exploration. It provides a platform for dancers to learn and improve by using their own self reflection. Journals help you to focus, think, explore, address issues and to really see yourself, in your own words. A virtual mirror, not a physical reflection of yourself-seeing yourself from the outside looking inwards, instead a journal allows a view from the inside out. Writing The Dance provokes, clarifies, coaxes, prioritizes and harmonizes your thoughts on your dance. There is no wrong way to express Writing The Dance and it is for your eyes only.  
Why I like it + disclaimer: I really enjoyed Writing The Dance. The journal prompts, the dance reflections, performance feedback and dance study sections all opened the way for meditation and are effective exercises for introspection. I found the book to be a very useful tool for my own journey as a flamenco dancer, choreographer and teacher. I believe that Writing The Dance is a valuable addition to all dancer's book shelves (or should I say bedside tables!).  
Full Disclosure: Josie Bray provided a copy of Writing The Dance to review. All opinions expressed are my own.  
Additional resources:

[...],[...]http://www..com/Writing-Dance-Workbook-Journal-Dancers/dp/0986019135

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