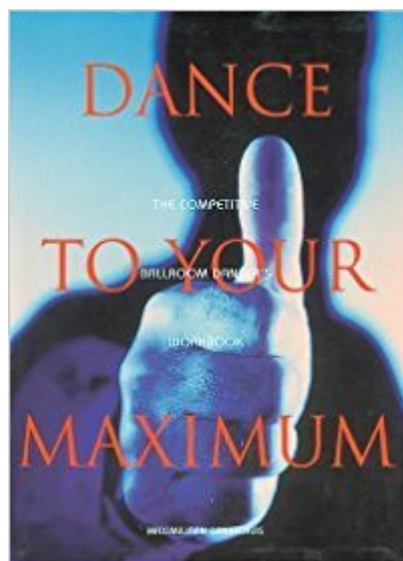


The book was found

Dance To Your Maximum: The Competitive Ballroom Dancer's Workbook



Synopsis

Book is divided into three sections: The Competition Day, The Season, The Dancer's Career.

Book Information

Paperback

Publisher: Dance Plaza (2001)

ASIN: B000I842SU

Product Dimensions: 8.4 x 5.8 x 0.7 inches

Shipping Weight: 12.6 ounces

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

Best Sellers Rank: #2,748,478 in Books (See Top 100 in Books) #55 in Â Books > Arts &

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Customer Reviews

It's a great workbook for the competitive dancer. Applies well researched principles. Goes into how to create good habits to reduce stress and how to plan to reach your best! Already reading his next book, which references this one. Worth the price as it's many coaching lessons at your fingertips!

I have not red this book yet but talked to coaches and dancers who red it. They all seemed to like it and highly recommended it. I was looking at to buy it but they don't have this in stock.. Unfortunate..

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