

The Truth About Dance

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Book Audience

Learn to excel in dance class and improve your technique to better secure a job in the dance field.

Become an informed parent for your child interested in dance.

This book is divided into two sections, Q & A and articles, and takes you on an insightful journey into the mind of an experienced dancer.

Recommended reading for dancers and choreographers, parents, as well as teachers needing a new perspective

Author Shahab Nahvi, 2015, 268 pages

The Truth About Dance is an open dialogue about all aspects of dance, from technique to its philosophy. A no-nonsense, inside look at the dance world, one page at a time, one truth after another.

Available at various bookstores, including Amazon.com: <http://amzn.com/1458219291>

Nahvi is a former professional classical ballet and modern dancer with more than 20 years experience. Founder of www.balletinstructor.com

Q & A and Articles

Answers to more than 150 questions under categories:

- Starting at a Late Age
- Body Type
- Technical
- Performance Experience
- History and Education
- Injury

Article topics include:

- Gender inequality, how it has progressed over time, and its impact on women in dance
- A new theory on the origin of the Swan Lake narrative
- How the absence of mythology, folklore, and fables in new choreographies is indicative of a lack of philosophy and purpose
- The problems created when young dancers turn professional before reaching maturity