

The book was found

# Saved By The Blues: 36 Stories Of Transformation Through Blues Music And Dancing



## Synopsis

What do you do when you get the blues? After reading this book, you're going to want to dance. Blues music is known as the soundtrack of heartaches and hardships, but the practice of singing, playing, or listening to the blues has always been used as a mechanism to transform tragedy into beauty. So it's no wonder that the powerful emotional response blues music evokes evolved into an intimate partner dance with a global movement of dedicated followers. For many, the dance has become not just an art but a powerful tool for self-expression, physical well-being, community building and transformation. This book shares inspirational stories of thirty-six blues dancers from North America, to Europe, to India and even the Middle East. Learn how blues dancing has helped individuals:

- Overcome depression and social anxiety
- Ease symptoms of chronic fatigue syndrome/fibromyalgia
- Experience relief from post-traumatic stress disorder (PTSD)
- Regain mobility after severe back and knee pain
- Recover from divorce or relationship dissolution

Read *Saved by the Blues* and be compelled to see where the blues can take you |

## Book Information

File Size: 16526 KB

Print Length: 255 pages

Publisher: Duende Press (April 25, 2016)

Publication Date: April 25, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01E4R1AA8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,781,084 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

in Kindle Store > Kindle eBooks > Arts & Photography > Dance > Jazz #37 in Books > Arts & Photography > Performing Arts > Dance > Jazz #277 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome

## Customer Reviews

I was featured in this book, so I planned to just read my story.....but she did such a great job with my story, I decided to read one more...and then another...and another...What a great book!!!As a social dancer, I could relate to a lot of the stories and ideas and it's great to see them shared in such a riveting way.Each story was so good, I wanted to read the next one!

This put a smile on my face every time I picked it up. The stories are all so personal and heartwarming. The author has a knack for capturing each person's passion - you feel like you are in the room with them as they are sharing their experience. You don't have to be a dancer to appreciate this book; the themes are universal as all of these individuals are seeking connection, not only to others but also to a more meaningful life. Though not a dancer myself, I was very moved by this book - and it surely made me want to try blues dancing!

[Download to continue reading...](#)

Saved by the Blues: 36 Stories of Transformation through Blues Music and Dancing Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing 48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: B Flat Instruments Edition (Red Dog Music Books Razor-Sharp Blues Series) 48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: Guitar Edition (Red Dog Music Books Razor-Sharp Blues Series) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) The Caged System and 100 Licks for Blues Guitar: Complete With 1 hour of Audio Examples: Master Blues Guitar (Play Blues Guitar Book 5) Blues Harmonica Method, Level 2 Book/CD Set An Essential Study of Blues for the Intermediate Player in the Tongue Block Style (School of the Blues) Blues Harmonica, Level 1: An Essential Study of Blues for the Beginning Player in the Tongue (School of Blues) Uptempo Blues: Blues Play-Along Volume 10 (Hal Leonard Blues Play-Along) Christmas Blues - Blues Play-Along Volume 11 (Book/Cd) (Hal Leonard Blues Play-Along) Texas Blues: Blues Play-Along Volume 2 (Hal Leonard Blues Play-Along) Bedtime Stories for Children: Short Bedtime Stories for Kids: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 3) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 1) The Robert Audy Method: Jazz Dancing: Teach yourself the combinations and routines while keeping in shape and learning some disco dancing at the same time! Jazz Dancing and Jazz Gymnastics: Including Disco Dancing Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury Ballroom

Dancing: Proven Tips, Tools and Tactics To Ballroom Dancing Ballroom Dancing: Master The Art of Ballroom Dancing Salsa!: ...or "Everything Your Mother Never Told You About Salsa Dancing!" (The little book of dancing... 1) Hip-Hop Dancing Volume 4: Dancing with a Crew

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)