



# **A Dancer's Manual: A Motivational Guide to Professional Dancing**

*Bobby Boling*

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# A Dancer's Manual: A Motivational Guide to Professional Dancing

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## **A Dancer's Manual: A Motivational Guide to Professional Dancing** Bobby Boling

Called the "Anthony Robbins of dance," Bobby Boling has a unique way of inspiring and motivating dancers by sharing stories of adversity and how he and other dancers overcame the obstacles of professional dance. This inspiring book offers tips, tricks, experience, wisdom and personal stories with advice on exercise and health. *A Dancer's Manual* teaches young dancers how to take class more effectively, how to avoid and treat injuries and how to perform and rehearse more effectively. Professionals will learn how to audition and how to use exercise and weights to enhance their ability. Bobby Boling also offers advice to young dancers and old on alternative careers in the industry if they can no longer dance. *A Dancer's Manual* will appeal to any young person interested in dance, adults and teachers of studios and parents of dancers interested in helping to guide young people.

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