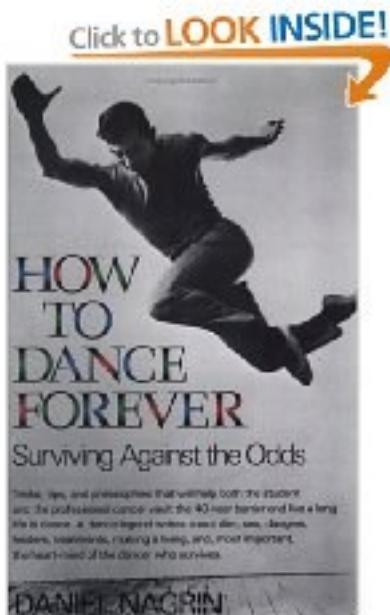


# How to Dance Forever



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著者:Nagrin, Daniel

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One of the country's most distinguished and critically acclaimed solo dancers and choreographers debunks the myth that dancers must retire from professional life as performers in their early forties. A performing artist since 1940, Daniel Nagrin initiated his own career as a solo performer in 1957 at the age of forty. With great wisdom and wit, this fiercely passionate veteran gives us an unusual and much-needed book that combines theory, personal philosophy, experience, and knowledge about dancers, dancing, teachers, mentors, and technique with practical information that ranges from nutrition, healers and treatments, sex, meditation, kneepads, and toe grips to the special problems and needs of dancers over fifty.

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