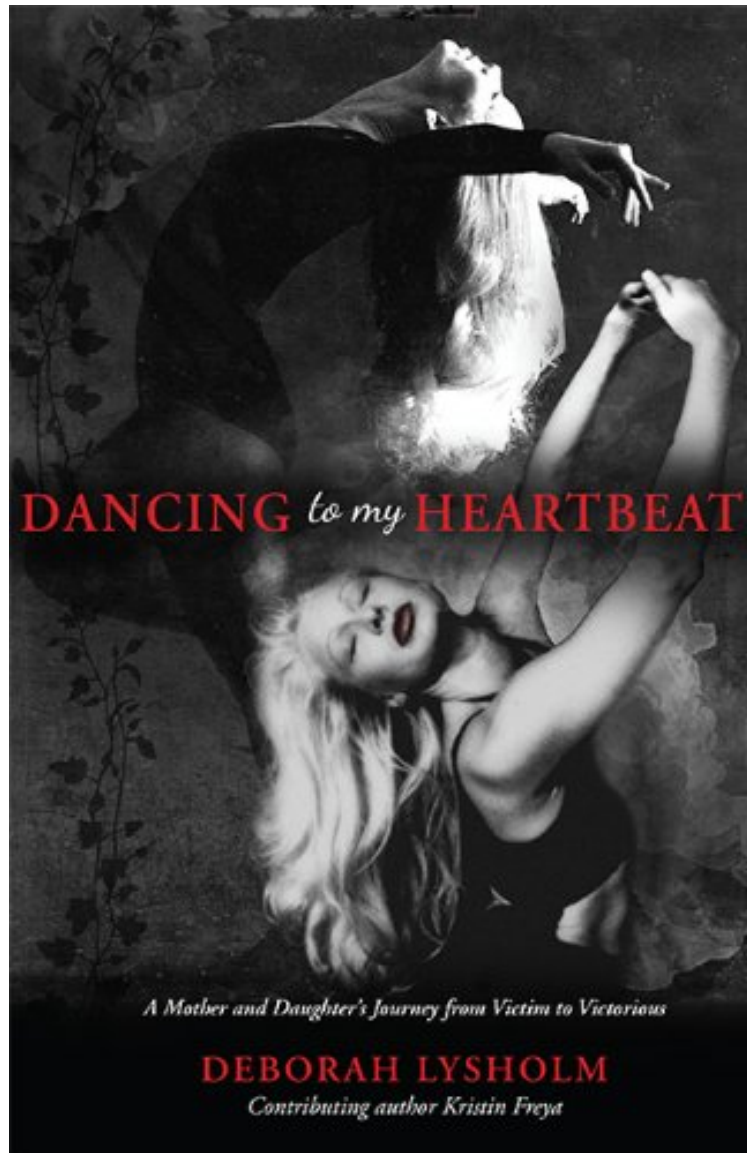


(Free) Dancing to my Heartbeat: A Mother and Daughter's Journey from Victim to Victorious

## Dancing to my Heartbeat: A Mother and Daughter's Journey from Victim to Victorious

*Deborah Lysholm*

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**Deborah Lysholm : Dancing to my Heartbeat: A Mother and Daughter's Journey from Victim to Victorious** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dancing to my Heartbeat: A Mother and Daughter's Journey from Victim to Victorious:

0 of 0 people found the following review helpful. A Tale of Unquenchable CourageBy Meg Corrigan, Author,

Speaker, TrainerI just finished reading *Dancing to m Heartbeat*, and I want to thank Deb for telling this incredible story of courage and perseverance to the world! This book is well-written and told in such a way that everyone can relate, not just those who have experienced violence against women. The author's courageous spirit, and the spirit of her daughter Kristen, shine on each page, and offer a beacon of light and resilience sure to inspire all who read the book. The book presents just the right mix of telling the tragic events and interjecting humor and life lessons throughout. I especially enjoyed Deb's "building blocks" of self-esteem and her description of how finally they clicked into place. Sharing her strength with her many students is Deb's gift back to the world.I applaud Deb and Kristen, on behalf of other authors, other survivors of violence against women and their families, and others who need to hear that we can live abundantly following trauma and tragedy. I wish these two amazing women the best in all their endeavors, and I hope to be privileged to attend one of their dance productions in the near future.2 of 2 people found the following review helpful. Inspiration on SteroidBy ConnieA"Dancing to My Heartbeat" is tremendously inspirational, about a personal journey no one should ever have to traverse. Deb and Kristen lived with a violent husband and father who took great effort to intimidate both physically and emotionally, and especially wear away any self-confidence Deb may have had.Dance kept mother and daughter alive, giving them a place to go to be safe and feel safe. When Kristen left for college, Deb was able to make plans to leave this man and divorce him. I was so frustrated how the police handled family violence in the 1990s. There followed a most-distressing legal saga both during the divorce and then her first-ever civil suit.Once away from this violent man, Deb could work toward her dream of owning a dance studio for all ages. What follows are wonderful stories of relationships developed and exchanges established with dance studios in Barcelona, Spain, and Tokyo, Japan. From a woman who had lived in fear of her own safety, Deb now traveled to these places, meeting the teachers and learning about the importance of dance to them.Deb can brag that she tap danced with Gregory Hines several times when a strong friendship was developed. He valued her love of dance and teaching others, and conducted master classes at her studio.One of my favorite stories was when with U.S. permission, Deb and Kristen joined others on a trip to Cuba to meet with a dance school owner who was very respected there. They were carrying donated ballet and tap dance shoes for children in Cuba, but upon entry, were told they had to distribute the shoes across several places, not just his school.You likely won't be able to put down this book. Be inspired; be educated, and be thankful for their safety, and for the lessons this book will teach others about life after violence. Deb deftly inserted the red flags of domestic violence into her story so her readers would understand how pervasive it is--and hopefully prevent another young woman from becoming a victim.3 of 3 people found the following review helpful. Courageous and proud!By LizaI just finished reading *Dancing to my Heartbeat*, by Deborah Lysholm. It was fantastic! I found myself tearing up several times. The abuse is enough of an emotional pull, but the indifference by the police, the courts and just people in general is infuriating...esp for the 1990's. I would have assumed this had not been the case. Bravo Deb for pushing on and making a better life for you and your daughter as well as many other abused woman who came behind you. Not only should every woman read this, but every young man should as well, so as a society we don't repeat history any more. "Dancing" is a quick read and filled with hope and determination. I really enjoyed it!

After fleeing a terror-filled marriage of twenty-three years, Deborah Lysholm, a professional dancer, summoned unbelievable courage and passion to start a new life for herself and daughter, Kristin. A cosmic slingshot propelled them into an unknown universe, traversing discriminatory court battles, including a first-ever domestic violence trial in civil court, and staking their place in the performing arts by building a celebrated performing arts center. Along their journey from darkness to light, they captured the attention of entertainment luminaries, and embarked on exhilarating world travels, discovering the women they were meant to be. Deborah and Kristin s inspiring odyssey is a hero s journey as they go from victim to victorious. *Dancing to My Heartbeat* is a candid, insightful, and educational memoir that answers the question, "Why didn t you just leave?" It conveys the beauty ahead when you do.

About the AuthorDeborah Lysholm is an accomplished dancer whose professional career spans more than four decades --from performing, choreographing, and teaching thousands of students, to building her own performing arts center, Heartbeat Studios, in Apple Valley, MN. In addition to a lifetime devotion to dance, Deborah and her daughter Kristin are survivors of two decades of domestic violence; they won the first U.S. domestic violence lawsuit in civil court. Their story of survival has been featured in major newspapers and television news shows. Deborah is also a sought-after speaker on the subject, enlightening audiences that violence in the home still affects 25 percent of U.S. women, and that we all have it in us to start over.