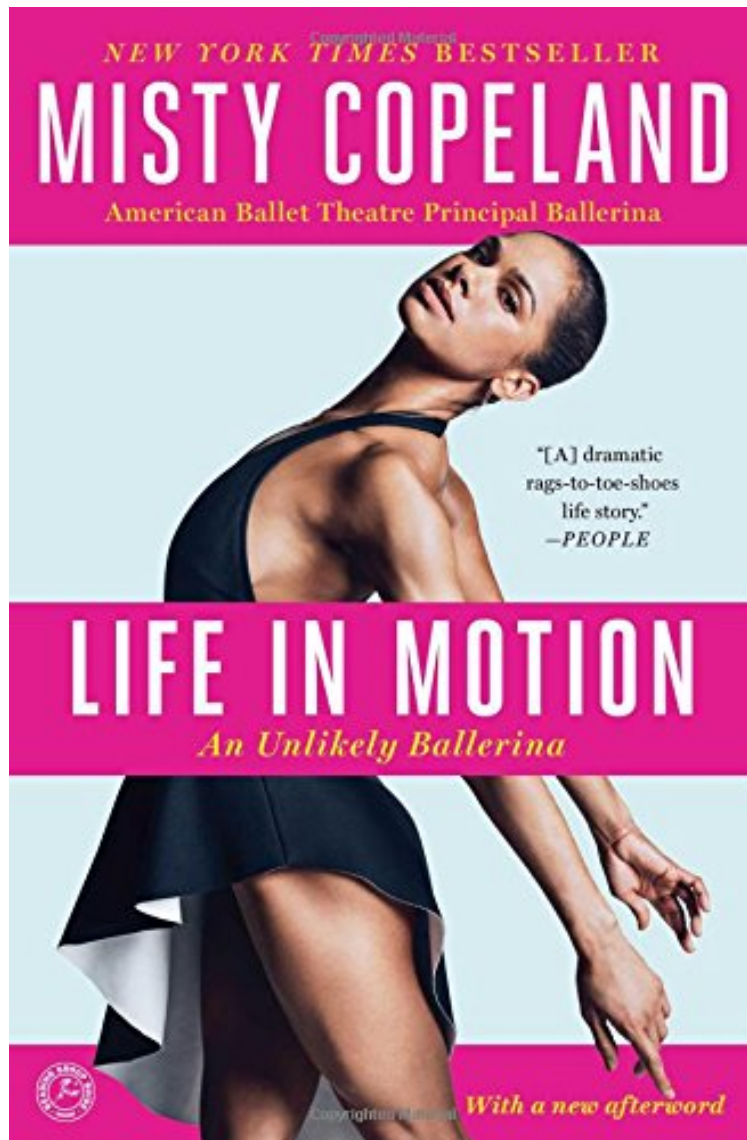


(Download pdf ebook) Life in Motion: An Unlikely Ballerina

## Life in Motion: An Unlikely Ballerina

*Misty Copeland*

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#18305 in Books Ingramcontent 2014-12-16 2014-12-16Original language:EnglishPDF # 1 8.25 x .90 x 5.501, .65 #File Name: 1476737991304 pagesLife in Motion An Unlikely Ballerina | File size: 29.Mb

**Misty Copeland : Life in Motion: An Unlikely Ballerina** before purchasing it in order to gage whether or not it would be worth my time, and all praised Life in Motion: An Unlikely Ballerina:

10 of 10 people found the following review helpful. Buy and read this whether or not you have any interest in ballet!By krisfletchMisty Copeland's life is an inspiring story for any young person! My young ballerina is a huge fan of hers but as a mother, I see her story as applicable to anyone. It's about not giving up, not listening to the nay-sayers, and truly paying attention only to that inner voice. Ms. Copeland has demonstrated tremendous perseverance and dealt

with it gracefully. I recommend this book for any young person, male or female! Even more "mature" individuals who still want to learn how to embrace life with passion and fearlessness! Thank you Misty Copeland for publishing your story. 3 of 3 people found the following review helpful. Hijacked my thoughts for weeks. By Wise bird Before reading this book I did not know about Misty Copeland. I've been so engrossed in writing my own book that somehow I missed all Misty Copeland's TV interviews and announcements of becoming a principal dancer for ABT, and her ads for under armour ads. So this book was my first introduction to her. Misty Copeland's story is fascinating. She did a phenomenal job catapulting the reader into her world on page 1. I, like many other "brown girls and women" can relate to the complexities of what it means to be an impoverished African American child trying to reach your goals. This book nailed it. However, *Life in Motion* is not just for African American girls. I think many of the themes found in this book is universal "working hard to accomplish your goals," "finding your voice," "the art of perseverance," "tools in relinquishing fears," "forgiveness." The list goes on. Misty repeats often that her goal going forward is to reintroduce the world to the art of ballet. She has succeeded with me. I plan to attend a local ballet performance and I plan to see Misty perform as well. Bravo!!! 2 of 2 people found the following review helpful. LOVE THIS BOOK!!!! By Happy reader :) After reading this book, I was left in shock because I did not know how inspiring a book could be. I decided to read this book because I am a dancer. I have been competitively dancing for 5 years and I love it very much. I thought it would be interesting to read a book that I could relate to so much. I have also looked up to Misty Copeland because I knew about her story but I did not know just how powerful it was. She has a lot of stories that are easily relatable to. Even if you are not a dancer, it is still a very powerful and moving story. She talks about things that are very relatable for most people like stress, anxiety, eating disorders, and much more. Misty had kind of a rough life as her mom was always dating new guys who physically and verbally abused her and she was forced to take care of all of her siblings. She finally found dance which was a huge outlet to releaser her emotions. Even if some or none of this has happened to you, it is still a story that needs to be heard about. I honestly don't think that there is anyone who should not read this book. The message Misty conveys is amazing and really makes you think about you and your life. If you are a dancer or not a dancer I highly recommend this book. You will not regret it.

Determination meets dance in this memoir by the history-making ballerina. In this instant New York Times bestseller, Misty Copeland makes history, telling the story of her journey to become the first African-American principal ballerina at the prestigious American Ballet Theatre. But when she first placed her hands on the barre at an after-school community center, no one expected the undersized, underprivileged, and anxious thirteen-year-old to become one of Americas most groundbreaking dancers . A true prodigy, she was attempting in months roles that take most dancers years to master. But when Misty became caught between the control and comfort she found in the world of ballet and the harsh realities of her own life, she had to choose to embrace both her identity and her dreams, and find the courage to be one of a kind. With an insiders passion, Misty opens a window into the life of an artist who lives life center stage, from behind the scenes at her first classes to her triumphant roles in some of the worlds most iconic ballets. A sensational memoir as sensitive and clear-eyed (The Washington Post) as her dancing, *Life in Motion* is a story of passion, identity and grace for anyone who has dared to dream of a different life.

From Booklist\*Starred \* If youd asked Copeland, soloist for the American Ballet Theatre, when she was a young African American teenager about her vision of the future, she would probably have said that the only thing less likely than her writing a memoir was her becoming a world-class ballerina. But when a teacher encouraged 13-year-old Misty to take ballet at the Boys and Girls Club of Los Angeles, she discovered a hidden talent. Her natural flexibility and grace had her on pointe within two months, something other ballerinas work years to achieve. She was offered lead roles before finishing high school. Her professional success is impressive, but its not what makes her memoir such an unexpected page-turner. After all, we already know Copeland will overcome racial and socioeconomic bias to claim her spotlight. What keeps us reading is Copelands intelligent, fair, and warm voice. She speaks with candor about having to lose her luscious curves and cover herself with white makeup to look more acceptable on stage, but she never places blame on those who asked her to do so. Her story is an inspiration to anyoneman or woman, black or whitewho has ever chased a dream against the odds, and the grace with which she triumphs is an example for us all. -- Amber Peckham An unexpected page-turner...Her story is an inspiration to anyoneman or woman, black or whitewho has ever chased a dream against the odds, and the grace with which she triumphs is an example for us all. (Booklist (starred review))Engaging... [Copeland is] a poised, intelligent writer whose temperamentdisciplined, determined, drivengives the book a special spark In LIFE IN MOTION, she looks back on the past without bitterness or anger, only gratitude. Hers is an out-of-the-ordinary story about defying stereotypes, and she shares it in an inspiring narrative thats enlivened by her own grace and generous spirit. (BookPage)Instead of rags to riches, Copeland goes from baggy shorts to leotards as she navigates the whitewashed world of ballet. (Library Journal)It's no wonder Misty Copeland is a role model for countless aspiring ballerinas. (Dance Spirit Magazine)Reads as a modern day Cinderella storythis memoir is an inspirational readespecially for aspiring dancers. (JET Magazine)Wrenching and revelatory. (The New York Times)Thorough, sensitive...clear-eyed. (The Washington Post)[A] dramatic rags-to-toe shoes life

story. (People)Captivating...heartrending...literary. (Lisa Jo Sagolla The Kansas City Star)Remarkable. (Juicy Magazine)Mistys unwavering belief that we can be anything that we dream is an inspiration an inspiration to break the mold, follow your passion, never take no for an answer and do it all with grace, kindness and the spirit to help others on their journey. I am thrilled that my two daughters have a role model in Misty, who is breaking down doors that that they will never have to. (Rachel Roy)A raw, honest tale.Her memoir is filled with passion, pain, success, and pure joy. (Ebony.com)Misty Copeland, a ballerina of extraordinary talent and charisma, offers an autobiography as mesmerizing as her dancing. She overcame adversity in the studio, in her home life, and in ballet's own traditionalism to become one of its brightest stars her passion and perseverance will inspire dancers and non-dancers alike. (Eliza Minden, author of The Ballet Companion and Co-Founder and Head of Design at dancewear company Gaynor Minden, Inc.)[Misty Copeland's] book is a breezy read for such deep subject matter, but her beautiful and prevailing spirit shines through on every page. (The Inlander)Reading her memoir...it becomes even more apparent how this 31-year-old woman has parlayed her natural talent along with an uber intense discipline, passion and focus, into a stellar career. (The NWI Times)Misty Copeland's LIFE IN MOTION is an inspiration to all young people. She is the Jackie Robinson of the ballet world, and a true role model for an entire generation of new ballerinas. (Frank Sanchez, Vice President, Boys Girls Clubs of America)[LIFE IN MOTION] is the stuff of which movies are made. (Chicago Sun-Times)What a remarkable, encouraging story. Written naturally, modestly, and conversationally...[readers will] feel her triumphs and tragedies, wincing whenever she falls and cheering her on every time she gets back up.Brava, Misty. (Bildungsroman)A tale of hardship and remarkable success. (Los Angeles Magazine)A poignant primer proving the power of perseverance in the face of adversity. (The LA Sentinel)An important book for teen collections. (Angela Carstensen School Library Journal)Told in graceful prose...[Copeland's] achievements will encourage all those attempting to beat the odds in competitive fields. (Publishers Weekly)A page-turner...fascinating and emotional. (The Philadelphia Enquirer)[Parts] the curtain on the ballets central illusion: that it is empowering for the female dancers at its centre. Providing a behind-the-scenes look at the glory and gore of ballet...you find yourself rooting for her. (Deidre Kelly The Globe and Mail (Canada))A wonderful read. (Jia Tolentino The Hairpin)A gift to all balletomanes, not just the brown ones. (Esther Cepeda)She embodies both fearlessness and femininity, reflecting the life of contradictions and obstacles over which shes leapt so beautifully. If ever a solo ballerina was poised to become a household name, its now. (Yahoo!) "Although ballet fans never lack for darlings, rarely does a dancer become an old-fashioned star...her path to becoming a star ballerina has been as dramatic, unlikely, and hinged on coincidence as the plots of most ballets." (Rivka Galchen The New Yorker)The story Copeland tells about her rise to ballet glory is compelling and inspirational. (Seattle Times)About the Author Misty Copeland made history by becoming the third African-American ballerina for the American Ballet Theatre, the first in decades. A recipient of the Leonore Annenberg Fellowship in the Arts and an inductee into the Boys and Girls Club Alumni Hall of Fame, she currently lives in New York City. Visit her online at [MistyCopeland.com](http://MistyCopeland.com).