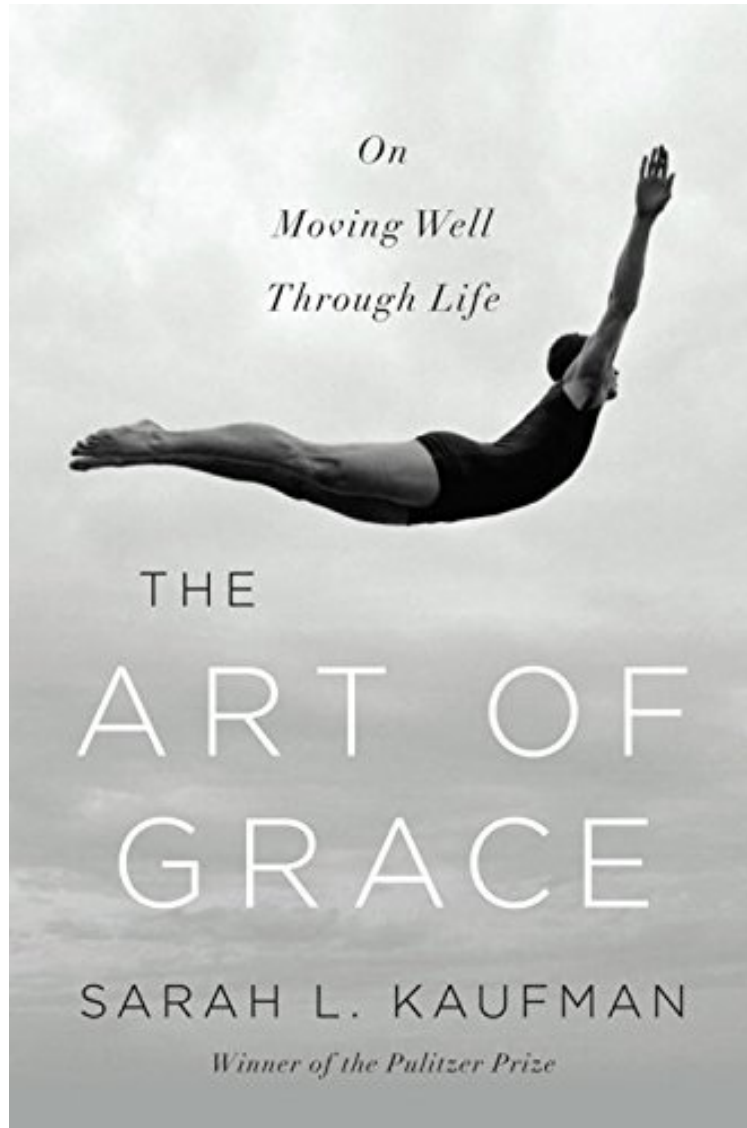


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The Art of Grace: On Moving Well Through Life

Sarah L. Kaufman

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#223414 in Books Sarah L Kaufman 2015-11-02Original language:EnglishPDF # 1 8.60 x 1.20 x 5.80l, .0
#File Name: 0393243958336 pagesThe Art of Grace On Moving Well Through Life | File size: 64.Mb

Sarah L. Kaufman : The Art of Grace: On Moving Well Through Life before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Grace: On Moving Well Through Life:

0 of 0 people found the following review helpful. What a TreatBy Salt Lake JoanI enjoyed this book immensely. First it affirmed ideas that I have collected through my life. Second, it amplified things that I have sensed but not articulated. And last, it gave me so many ideas for viewing Grace in action. My library list now contains requests for several Cary Grant movies. My Youtube will give me Dancing, A Man's Game, and my internet generously shows me

designs by Carolina Herrera. I especially liked the emphasis on posture and movement. I've always felt that I could watch Roger Federer just walk onto the court all day and his game for me is poetry in motion. 3 of 3 people found the following review helpful. Valuable and enjoyable By Tom Cantlon Reminds us of one of those qualities easily lost in pop culture. Good for young people to be exposed to. I dug up youtubes of some of the people she describes, a tennis player, a ballerina, etc and she's right, they're exceptional and it added to the book experience. Also written in the spirit of the book, with a gracefulness to the righting and just enjoyable to spend time in. 0 of 0 people found the following review helpful. too focused on the physical By Jeanhow many readers will be willing or able to take up ballet training or spend years learning the lessons of vaudeville, so that they can be seen as graceful in their motions? most of the examples given were of performers or athletes who spend years or lifetimes training their bodies. more relevant to the average reader would be a discussion and tips on how to train your mind and heart to be gracious, especially when we are presented with unpleasant circumstances. unfortunately, that is not a major focus of this Cary Grant-oriented book.

A Pulitzer Prizewinning dance critic teaches us to appreciate and enact grace in every dimension, from the physical to the emotional. Grace has long been taught as essential to civilized living. The Three Graces goddesses of charm, beauty, and creativity exemplify ease and harmony with one another and the world around them. But what has happened to this simple, marvelous concept of being at ease in the world? With warmth, humor, and an ever-perceptive eye, Sarah L. Kaufman sifts the graceful from the graceless, celebrating heart-catching moments of physical elegance in sports, movies, dance, fashion, and music; rare sightings of celebrity grace; the secrets of gracious hosts; and grace found unexpectedly, in the kitchen of a high-end restaurant and among strippers in a basement bar. Kaufman's thought-provoking reflections on these physical and social acts of grace offer hope for even the clumsiest, most awkward among us. Guided by the muse of Cary Grant (with further inspiration from Smokey Robinson, Roger Federer, Nelson Mandela, Margot Fonteyn, Amy Purdy, Beyonc, and others), Kaufman illuminates the importance of grace in the small moments of everyday life. In *The Art of Grace*, she inspires us to walk taller, spend time on unnecessary kindnesses, and celebrate the grace notes in our lives and those of others. 25 illustrations