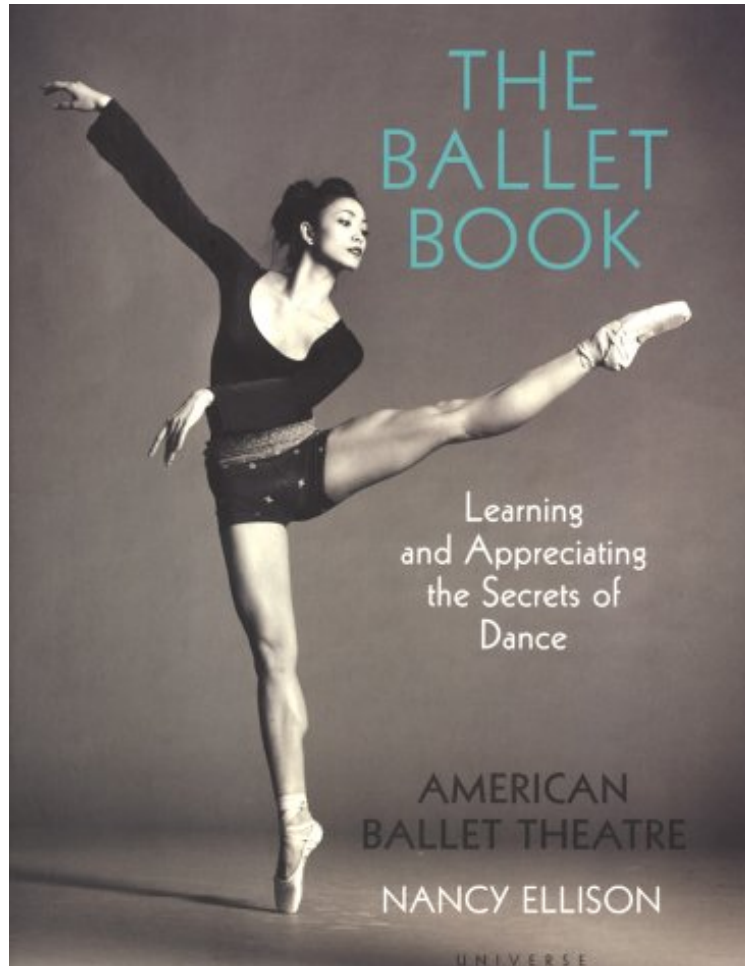


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## The Ballet Book: Learning and Appreciating the Secrets of Dance

*American Ballet Theatre, Nancy Ellison*  
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**American Ballet Theatre, Nancy Ellison : The Ballet Book: Learning and Appreciating the Secrets of Dance**  
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hoped but the book spine came unglued the first day I went through it. Sections of the book started falling out as a result.

The definitive book for learning and appreciating ballet, *The Ballet Book* goes behind the scenes to the classes, rehearsals, and performances that have shaped this prestigious ballet company. Readers will learn from the best as American Ballet Theatre dancers show how to stretch, stand, dance, and perform like professional ballerinas. Featuring photographs of dancers at their most dramatic--and most intimate--this fully illustrated book shares ballet's best-kept secrets and, by demonstrating how to watch and appreciate as well as to dance ballet, is indispensable for every dancer and lover of dance. The book offers a thorough explanation of each step in a dancer's routine: from preparing the shoes and stretching to classwork and rehearsals to the finale--the performance itself. Both a how-to and a privileged glimpse at the hours of practice and fierce determination that go into making the finest dancers, the book features ballet's brightest stars, including Nina Ananiashvili, popularly known as Nina Ballerina, and Ethan Stiefel, who has become a celebrity both onstage and off.

About the Author Nancy Ellison is a photographer whose work has been the subject of several books, including *Romeo and Juliet* (Universe) and *Swan Lake*. Hanna Rubin is a freelance editor and writer who has written extensively for *Martha Stewart Living* and *Playbill*. American Ballet Theatre is recognized as one of the great dance companies in the world. Few ballet companies equal ABT for its combination of size, scope, and outreach. ABT annually tours the United States, performing for more than 600,000 people. It has also made more than fifteen international tours to forty-two countries as perhaps the most representative American ballet company.