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# Saved By The Blues: 36 Stories Of Transformation Through Blues Music And Dancing



## Synopsis

What do you do when you get the blues? After reading this book, you're going to want to dance. Blues music is known as the soundtrack of heartaches and hardships, but the practice of singing, playing, or listening to the blues has always been used as a mechanism to transform tragedy into beauty. So it's no wonder that the powerful emotional response blues music evokes evolved into an intimate partner dance with a global movement of dedicated followers. For many, the dance has become not just an art but a powerful tool for self-expression, physical well-being, community building and transformation. This book shares inspirational stories of thirty-six blues dancers from North America, to Europe, to India and even the Middle East. Learn how blues dancing has helped individuals:

- Overcome depression and social anxiety
- Ease symptoms of chronic fatigue syndrome/fibromyalgia
- Experience relief from post-traumatic stress disorder (PTSD)
- Regain mobility after severe back and knee pain
- Recover from divorce or relationship dissolution

Read *Saved by the Blues* and be compelled to see where the blues can take you!

## Book Information

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## Customer Reviews

I was featured in this book, so I planned to just read my story.....but she did such a great job with my story, I decided to read one more...and then another...and another...What a great book!!!As a social dancer, I could relate to a lot of the stories and ideas and it's great to see them shared in such a riveting way.Each story was so good, I wanted to read the next one!

This put a smile on my face every time I picked it up. The stories are all so personal and heartwarming. The author has a knack for capturing each person's passion - you feel like you are in the room with them as they are sharing their experience. You don't have to be a dancer to appreciate this book; the themes are universal as all of these individuals are seeking connection, not only to others but also to a more meaningful life. Though not a dancer myself, I was very moved by this book - and it surely made me want to try blues dancing!

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