

The book was found

# 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, youâ™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 itâ™s no wonder that the powerful emotional response blues music evokes evolved into an intimate partner danceâ™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 buildingâ™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:

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

Read *Saved by the Blues* and be compelled to see where the blues can take youâ™ |

## Book Information

Paperback: 366 pages

Publisher: Duende Press (April 7, 2016)

Language: English

ISBN-10: 0991525434

ISBN-13: 978-0991525430

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ™ See all reviewsÂ™ (2 customer reviews)

Best Sellers Rank: #1,764,643 in Books (See Top 100 in Books) #27 inÂ™ Books > Arts & Photography > Performing Arts > Dance > Jazz #6745 inÂ™ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #140036 inÂ™ Books > Humor & Entertainment

## 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!

[Download to continue reading...](#)

Saved by the Blues: 36 Stories of Transformation through Blues Music and Dancing Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing Crossroads: How the Blues Shaped Rock 'n' Roll (and Rock Saved the Blues) 48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: B Flat Instruments Edition (Red Dog Music Books Razor-Sharp Blues Series) The Caged System and 100 Licks for Blues Guitar: Complete With 1 hour of Audio Examples: Master Blues Guitar (Play Blues Guitar Book 5) The Robert Audy Method: Jazz Dancing: Teach yourself the combinations and routines while keeping in shape and learning some disco dancing at the same time! Ballroom Dancing: Proven Tips, Tools and Tactics To Ballroom Dancing Jazz Dancing and Jazz Gymnastics: Including Disco Dancing Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury Salsa!...or "Everything Your Mother Never Told You About Salsa Dancing!" (The Little Book of Dancing) (Volume 1) Ballroom Dancing: Master The Art of Ballroom Dancing Salsa!: ...or "Everything Your Mother Never Told You About Salsa Dancing!" (The little book of dancing... 1) Modern Ballroom Dancing: All the Steps You Need to Get You Dancing 25 Razor-Sharp Blues and Boogie Guitar Solos (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series) 101 Razor-Sharp Blues Guitar Fill-In Licks (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series) 101 Razor-Sharp Blues Guitar Turnarounds book and CD (Red Dog Music Books Razor-Sharp Blues Guitar Series) 101 Razor-Sharp Blues Guitar Rhythm Patterns in the Electric Urban / Chicago Style (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series) The Tao of Equus: A Woman's Journey of Healing and Transformation through the Way of the Horse Creative Revolution: Personal Transformation through Brave Intuitive Painting Scary Stories Box Set: Scary Stories, More Scary Stories, and Scary Stories 3

[Dmca](#)