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Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer

By Mary Helen Bowers

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer, Mary Helen Bowers, Ballet-inspired fitness for every woman! You don't have to be a professional ballerina to look like one! With Mary Helen Bowers' Ballet Beautiful, forget beating yourself up in the gym and suffering through starvation diets for some unattainable goal. You can achieve your ideal body and develop the strength, grace, and elegance of a dancer by following Mary Helen's proven program-one that's got everyone from celebrities to busy moms to executives raving! Ballet Beautiful is a fitness method that blends the artistry and athleticism of ballet with an easy, accessible eating plan that works for every body - and absolutely no dance experience is required. Created by professional ballerina Mary Helen Bowers, this transformative approach to fitness and health will reshape your body and your mind! Ballet Beautiful's three-fold approach is not an extreme workout nor is it a radical diet for an overnight fix; it's a roadmap to achieving and maintaining your ideal health, shape and size-all with the elegance and strength of a ballerina. Part One of the book...



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