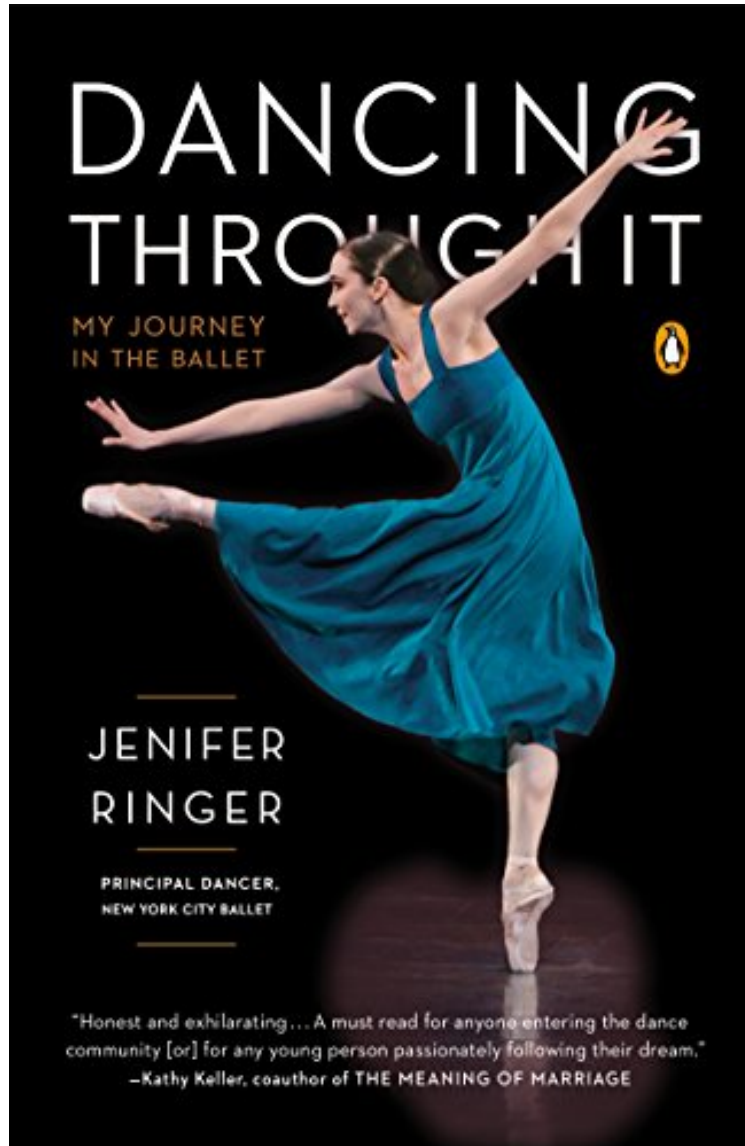


[Free read ebook] Dancing Through It: My Journey in the Ballet

## Dancing Through It: My Journey in the Ballet

Jenifer Ringer

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**Jenifer Ringer : Dancing Through It: My Journey in the Ballet** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dancing Through It: My Journey in the Ballet:

0 of 0 people found the following review helpful. A great look into a dancer's lifeBy CustomerI've been meaning to review this book for a while, as I really liked it. Ringer discusses her journey from childhood in Virginia, where she started dance lessons, to the School of American Ballet in NYC to her work in the New York City ballet. Ringer was talented, but her path was far from even; she struggled with her weight, bouncing from too thin to heavy. Eventually she left the company for a year. She returned, rising to principal dancer and marrying, only to revisit her weight issues

when a 'NY Times' dance critic criticized her weight in a review, in an incident famous as 'Nutcrackergate.' Ringer used the opportunity to discuss body issues in ballet. I very much liked how she physically and intellectually prepares for her roles, and her discussion of how dancers are educated and trained. Some reviewers criticize Ringer for discussing her Christian faith and how it has helped her. I don't agree with this. Ringer is never preachy. Faith is an integral part of her life, and has helped her through tough times. Christians have a rough time in popular culture, depicted as rigid, judgmental and hypocritical. If a writer of any other faith was criticizing for discussing their religious journey in an autobiography, the criticism would surely be criticized. This book would be of interest to dancer and dance fans. 5 of 5 people found the following review helpful. wonderful book By Beverly Britton This book about Jenifer Ringer's struggles with an eating disorder was wonderfully written. I couldn't wait to finish it. I love books where people triumph over problems and especially liked the Christian influence on the author's life. It also gave me a great look into the daily life of a ballerina, so I learned a lot in the process. The next professional ballet I will get to see will help me fully appreciate the hard work and day to day struggles of those in the ballet world. I appreciate the honesty that went into writing this. It would be hard to reveal yourself so fully, but Jenifer did that much to the enhancement of the book. I highly recommend this book. 2 of 2 people found the following review helpful. Bought it for a dance book, recommend it for a book about life and finding a way to follow passion By P M. I'm a senior dancer that started late (27 years old), am still taking class and doing a bit of avocational performing. I thought Ringer's book would be interesting. Well, it is and so much more. She details backstage prep, rehearsals, performances (how did she remember all that?!) at one of the world's top ballet companies. But what this amazing person's memoir really drives home is following your bliss, even when it seems impossible, while growing as a human being. Lots here to recommend for any addict. Ringer's addiction was to food, she used Overeaters Anonymous as well as support from her church, including counseling and prayer during her recovery. Also highly recommended for a dance family. The triumphs, perils, pitfalls of being a serious young dancer are laid out unlike anywhere else I've seen. She is a brave and inspiring writer, but Jenifer Ringer has also written a real page turner of a great read. Brava! It would be wonderful to see another autobiography of life after dance as a mom of two and relocating from the East Coast to the West Coast with her husband, a former NYCB dancer and now managing director of the LA Dance Project. I think Ringer would have me laughing at loud and near tears at life in LA as I was at times reading this memoir of her life up to age 40.

ldquo;A glimpse into the fragile psyche of a dancer.rdquo; mdash;The Washington Post Jenifer Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and weight. Ballet aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review. An unusually upbeat account of life on the stage, *Dancing Through It* is also a coming-of-age story and an inspiring memoir of faith and of triumph over the body issues that torment all too many women and men.

From Booklist *Dancing* has always been essential to Ringer. As a child, a student, and a principal dancer for the New York City Ballet, dance and her strong faith in God were at the center of her life. And she has danced with the best over the course of her extremely successful career while also becoming a wife and mother. With ballet dancers, body image can become an obsession, and like so many others, Ringer suffered from anorexia and bulimia mdash; until she ended up gaining enough weight to be fired from the company. Perseverance, prayer, family, and church helped her to get past these issues and return to the company. Then, just when she finally came to terms with her body type, a New York Times critic suggested that she was fat, creating a publicity storm that drove her to the talk shows. Ringer now offers a frank and open account of her demanding dance life, revealing seldom-seen technical aspects of this rigorous art form. A sure hit for balletomanes and everyone concerned about body-image issues. --Danise Hoover ldquo; Jenifer Ringersquo;s book is an honest and exhilarating look into the life of a young dancer, with both the excitement of achievement and the desperate anxiety given proper treatment. This is a must-read for anyone entering the dance community, but even more broadly, for any young person passionately following their dream. Jenifer was fortunate to have help in conquering her eating disorder and other demons, and this book may be a help to those wrestling with their own issues. Besides, for those of us who wish we could dance, knowing about it from the inside is a rare privilege.rdquo; mdash;Kathy Keller, coauthor of *THE MEANING OF MARRIAGE* ldquo; As a dancer, Jenifer Ringer offers quintessential musicality, brilliant technique, infectious humor, and a good old dash of gorgeous. As a writer, she offers all of this and more, providing us with a rare opportunity to look behind the curtain and understand the pressures, challenges, and rewards faced by this remarkable individual. *Dancing Through It* is one of the most candid and insightful books about classical ballet I have ever read. An honest portrait of the rarefied world of the New York City Ballet, Jennysquo;s writing will make you tear up, roar with laughter, and reflect on the myriad pressures and rewards of being a dancer and an artist. Long before yoursquo;ve put this book down, you will want to shout lsquo;Bravarsquo; once again for this treasured ballerina and gifted author.rdquo; mdash;Peter Boal, artistic director, Pacific Northwest Ballet ldquo; One of New Yorkrsquo;s most beautiful dancers, Jenifer Ringer brings idealism,

humor, and a raw, searing honesty to this poignant memoir. I had a hard time putting the book down, and I teared up several times. — Wendy Perron, author of *THROUGH THE EYES OF A DANCER*, and editor at large, *DANCE MAGAZINE*

About the Author Jenifer Ringer was a principal dancer with the New York City Ballet, retiring in 2014. Before joining NYCB as an apprentice in 1989, she studied at the School of American Ballet. Ringer has a BA in English from Fordham University and is a recipient of the Dance Magazine Award and the Jerome Robbins Award. She is married to former NYCB principal dancer James Fayette. They live in Los Angeles, California, with their two children.