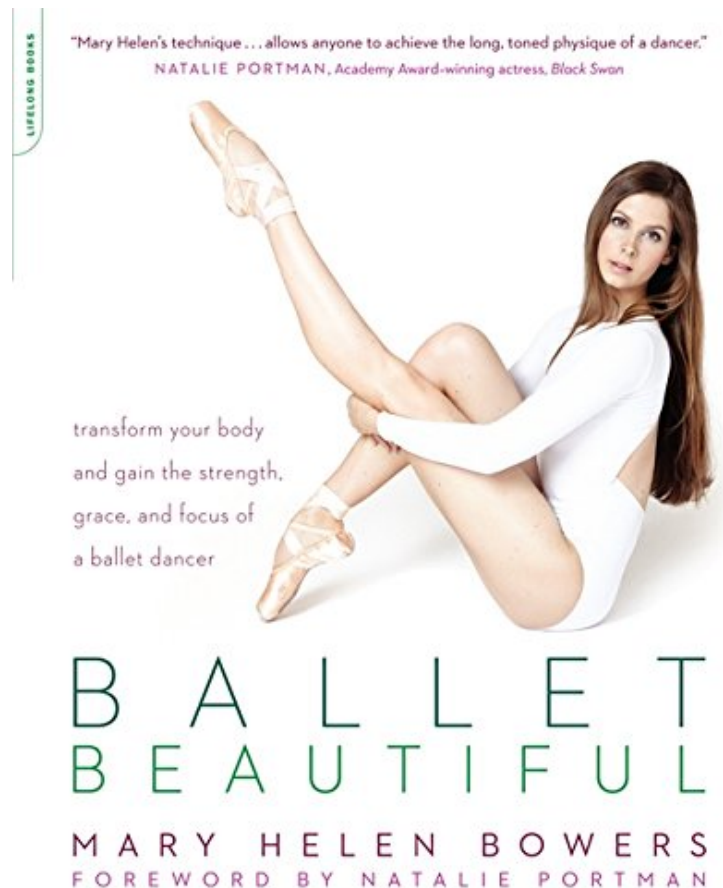


[Download pdf] Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer

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

Mary Helen Bowers

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Mary Helen Bowers : Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer before purchasing it in order to gage whether or not it would be worth my time, and all praised Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer:

35 of 35 people found the following review helpful. My Search For A Healthy Lifestyle Is Finally OVER!By helluvagoodnewsWhen I first heard about Ballet Beautiful, a light bulb turned on inside of me and I knew, right there and then, that I would have finally found the perfect solution to my health. I was, and still am, just an ordinary girl who, like many other females, score high and low for an exercising and dieting regime. I've tried going to the gym, I've tried doing P90x, I've tried running on the treadmill in a basement, I've tried jogging in my neighborhood, I've tried fitness trends like Zumba dancing and so on. And it always ends the same: Either I hate the way my body started to look, or it got too difficult and I would become commitment-phobic and just drop the regime, much to my deep

disappointment. What really burns me is that I can't ask people nowadays on how to lose weight without looking bulky because then I'll get verbally assaulted, that "women cannot bulk up", that I'm being ridiculous. Well, I did P90x, and I bulked and looked strange. As a soft spoken, sensitive introvert, it just doesn't fit my personality, if that makes sense. I wanted to look lean, limber, and very much feminine. I thought I'd never find the solution... and then I brought this Kindle. I read about her workouts in the book and I knew I had to grab her DVDs. They were all surprisingly challenging, despite her moves that look deceptively simple, but they are also very fun and the results are losing weight, dropping inches everywhere, becoming firm and toned, and still keeping your womanly curves without the bulges and cellulite. I look and feel like a princess the more I do these. Mary's first couple of chapters is her talking about the mindset- that no, you do NOT have to do her workouts perfectly, and that you do NOT have to kill yourself every single day doing a lot of working out to get results. She taught me that, hey, its okay to mess up and not workout for an entire day or even a week because of life circumstances. She taught me that I should forgive myself, brush myself off the dirt, and just workout the next day with her customizing workouts. This is such a huge relief for me. So much of the workout culture is all about shaming other people and pushing people too hard. I don't do that mess anymore, and I remain flexible thanks to Mary. Her diets are amazing! I have found new dishes and food that are nutritionally dense that I've never heard of before! Mary is so right about eating a healthy, balanced meals, and to not stress yourself too much over sizes or calories. Remember that not every calorie is equal. Ever heard of "empty calories"? Yeah, it's true: Tons of unhealthy, processed foods, like diet sodas, are nothing but empty calories and have a ton of sugars and dangerous chemicals that knocks your entire body system off. People become overweight and obese, not just because of how much calories they put inside their bodies, believe it or not... but because a lot of people are eating THE WRONG FOODS. When you eat the wrong foods, you will always feel crabby, moody, hungry, sickly, and experiencing sugar spikes that will have you eating the entire house and STILL not feeling satisfied! Mary's meals are nutritious, clean, wholesome, and has a wonderful balance of healthy carbs, fats, and proteins, so that you will always feel and look your best. Let go of the numbers for once and start looking at the ingredients. When you eat good food, you will always feel contently full and satisfied, and you'll be able to just live life in peace. She preaches about never going to the extreme just to get results; you can still enjoy chocolate, alcohol, coffee, red meat, and other sinful foods, you just have to learn to pick healthy alternatives rather than restricting yourself from the things you love. I'll never give up on chocolate, but I can give up my favorite Snickers bar for a healthy alternative, which is dark chocolate that is rich with antioxidants and a high percentage of cocoa, for example! Mary Helen Bowers, despite her seemingly glamorous life, is a down to earth lady just like you and I, and she is never arrogant or proud. She always stays humble and knows the reality of how busy life can be for everyday people. All she asks of you, is to stay flexible and open- If you're a mother who also has a full time job, all she asks is 15-30 minutes of working out during the evenings when the kids are doing homework and you can have time for yourself. If you're a med student deep in stress, all she asks is 15 minutes here and there to keep you healthy and alert. If you're juggling so many things at once, all she asks is that you plan your healthy meals accordingly so that you'll always munch on healthy snacks while running around with tasks. If you can stay flexible and forgiving of yourself, I promise you, you will see amazing results, and you will feel immensely proud of yourself. Just ask me! :-)

My body is looking more and more amazing each day! 0 of 0 people found the following review helpful. GOLDILOCKSBy gnesI bought this ebook years ago, that was my first meeting with Mary Helen. I adore her ever since. I always loved ballet, and I always wanted to have a slender figure and pretty lean muscles, I've never been orverweight, but I'm short and more athletic type, who bulks up easily. I have to say, I don't use the exercises from this book, I watch her videos on Youtube instead. But the mindset and the eating habits are crucial parts and very important! Her relationship with food seems pretty healty to me. I love her "forgive yourself, and move on" approach. I'm vegetarian and I always try to eat healty and clean, but I love snacks, both salty and sweet and I don't like to exersise in general (I was a really active child and teen, I don't know whats happened). I hate aerobic and jumping around videos and classes at the gym with annoying music and overly cheerful girls. I love classical, calm and relaxing things (even if it can be really hard and a little bit sweaty too, trust me). Now I'm on a better track, exercise daily, and if I feel myself trouble I read some chapters from her book. I've recently joined her online community and I couldn't be happier! Her streamable videos there are gold! I'm more toned and slimmer now and looking forward to exercise every night, which it the greatest thing ever! 0 of 0 people found the following review helpful. A great introduction to the Ballet Beautiful programBy Margaret D.I bought this book after using Mary Helen's DVDs for a while to get a more full-picture perspective on the Ballet Beautiful program. It's nice to have all the elements described in detail and with accompanying photos. I like the realistic, practical approach she has. The only meh part of the book for me was some of the recipes. There's literally a recipe for toast lol. This is only a small section of the book though, and I utilize it more for the exercise and philosophy portions of it over the recipes.

Ballet-inspired fitness for every woman!

Natalie PortmanMary Helens technique . . . allows anyone to achieve the long, toned physique of a dancer.