



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

By Mary Helen Bowers

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## Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer By 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 introduces the program's empowering mindset, the key to supporting and guiding you through lasting change. Part Two, the *Ballet Beautiful* Method, consists of challenging, effective, and fun workouts that sculpt and tone sleek ballet muscles and build beautiful posture. Whether you have a full hour or only 15 minutes, you can tailor the program to your own schedule and needs. Part Three shares the *Ballet Beautiful* Lifestyle, a healthy, balanced approach to nutrition. With meal plans, shopping tips and quick but delicious daily recipes that will satisfy and nourish your entire body, it's a stress-free, diet-free plan that will help keep you feeling as strong and healthy as you look.

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By Mary Helen Bowers **Bibliography**

- Sales Rank: #84592 in eBooks
- Published on: 2012-06-12
- Released on: 2012-06-12
- Format: Kindle eBook



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## **Editorial Review**

### Review

#### **Natalie Portman**

“Mary Helen’s technique . . . allows anyone to achieve the long, toned physique of a dancer.”

#### **Zooey Deschanel**

“Mary Helen knows how to make ordinary women look like ballerinas. She’s the real deal.”

#### **Liv Tyler**

“Mary Helen is wonderful! We train together using her Ballet Beautiful program doing leg work, butt lifts, and stretches. I love working out with her.”

#### ***Publishers Weekly, 11/28/11***

“Shows off a celebrity fitness trend that could just be the next Pilates.”

#### ***YouBeauty.com, 6/12/12***

“We recommend her book not only for the easy-to-follow, illustrated exercise plan, but also for Bowers' extensive explanation about how to get into the right mindset for changing your body.”

#### ***People StyleWatch.com, 6/13/12***

“Bowers counts Zooey Deschanel, Kirsten Dunst and Liv Tyler as clients. If doing these ballet-inspired workouts allows us to look like any of them, we'll be donning our tutus shortly.”

#### ***Daily Mail (UK), 6/13/12***

“The ballerina responsible for whipping Natalie Portman into shape for her role in *Black Swan* is giving us the chance to attain ‘prima’ perfection with the release of her a book.”

#### ***BlissTree.com, 7/25/12***

“Provides step-by-step exercises, as well as a detailed rationale as to why and how her program can get you that coveted ballerina-esque grace and poise, as well as a strong, lithe, dancer’s body.”

#### ***Bookviews.com, August 2012***

“Filled with photos and a world of good advice regarding a sustainable health regimen rather than fad diets or overworking one’s body.”

#### ***InfoDad.com, 8/2/12***

“Not just an exercise book but a book about grace, style and elegance, which ballet dancers have in abundance...The fitness routines...are an unconventional approach to toning and shaping, and will certainly be effective for readers who can stick to them.”

#### ***ForeWord This Week, 8/21/12***

“With dozens of ballet positions and exercises in [Bowers’] 60-minute workout, along with healthy recipes and meal plans to turn fat into lean muscle, this fabulous guide provides the methods for any woman to achieve the long, toned, powerful body shape of a dancer.”

**San Francisco Book Review / Sacramento Book Review, 9/4/12**

“Combining Bowers’ exercises and eating tips is a surefire way to change up your workout or jump-start your weight loss plan.”

**Midwest Book Review, September 2012**

“Clear examples of basic ballet movements even non-ballet readers can absorb.”

**Taste for Life, October 2012**

“With this book, you can learn how to transform certain areas of the body to become more sculpted and defined...This book is for anyone who wishes to gain the strength and grace of a dancer.”

**About the Author**

Professional ballerina and founder of Ballet Beautiful, **Mary Helen Bowers** is a sought-after fitness expert with a high-profile clientele. Mary Helen trained at the School of American Ballet and danced with the New York City Ballet for ten years. She holds a bachelor’s degree from Columbia University and lives in New York City.

**Users Review**

**From reader reviews:**

**Brent Cook:**

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**Sylvia Johnson:**

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**Joseph Williams:**

Why? Because this Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a

Ballet Dancer is an unordinary book that the inside of the publication waiting for you to snap this but latter it will shock you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking method. So , still want to hold off having that book? If I were being you I will go to the guide store hurriedly.

**Walter Godinez:**

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