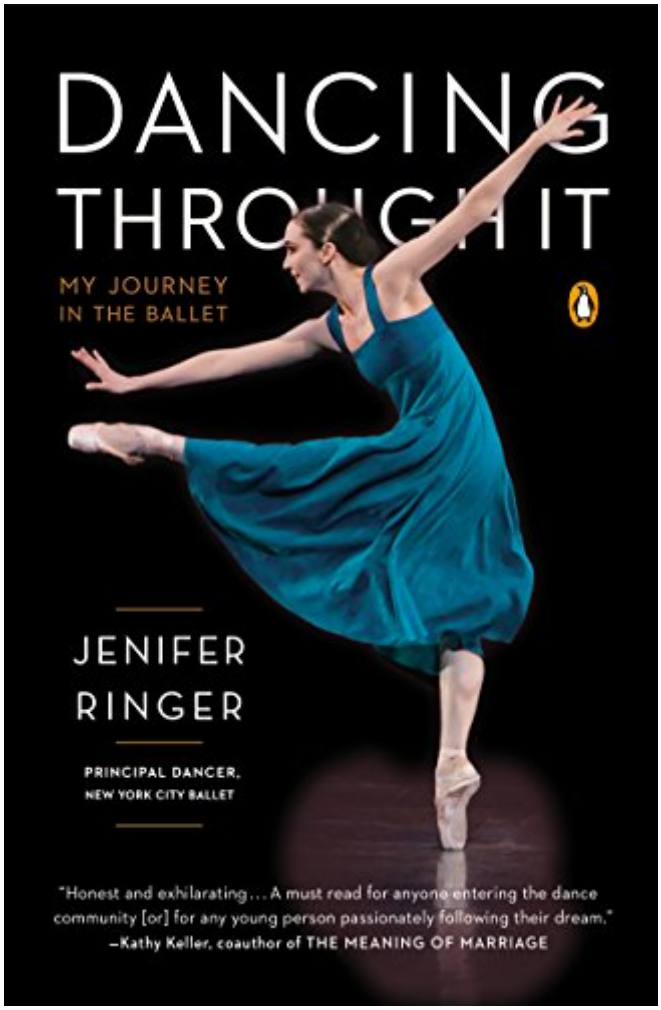
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Dancing Through It: My Journey In The Ballet



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Synopsis

Ã¢â ¬Å“A glimpse into the fragile psyche of a dancer.Ã¢â ¬Â• Ã¢â ¬â •The Washington PostJenifer 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.

Book Information

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Customer Reviews

I’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.

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 honestly 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.

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.

Again, this type of book is strictly for people who dance or who have danced in the past. Only then can you appreciate the agonies and triumphs and love that one experiences while dancing. Ringer is a lovely person and one likes her immediately through the book which is written with gentleness and humility. Like many ballerinas she went through a great deal of suffering both with her body and her dancing but indeed makes a miraculous recovery in her own personal way. She becomes a born again Christian, as I read it and although I as a non-religious person cannot emphatize with her feelings, especially since I come from a strong Jewish, traditiional background, I am happy for her, for her faith carries her through and gives her the strength to be able to bear this very difficult profession. It’s a good book, very interesting and well written. The "religious stuff" sort of gets to you though, I believe even if you areCharistian....it gets a bit "shmaltzy", if you know what I mean.

Jeni is an excellent writer. Especially for those of us who barely managed college dances, she leads us through the highs and lows of the prima ballerina. That which looks so effortless is won through deprivation (food becomes the enemy, muscles scream, and the body fights the regimen), constant hard work, and critiques that can be biting. Beautifully written this book invites the reader into a world of perfection, tears,and incredible accomplishment.

Wonderful book. Very engaging story. If you ever wanted to be a ballerina, or if you’ve ever had food issues (or both, like me) you will love this book. So many behind-the-scenes glimpses of the magical, beautiful and sometimes gritty world of the NYC Ballet. Very honest, candid account. Hard to put down!

An honest and straightforward account of a wonderful dancer with flaws and struggles, who overcame them through her faith and love of her art. I especially enjoyed the "Dances at a Gathering" chapter near the end of the book, in which she chronicles her understanding and special joy in dancing Jerome Robbins’ masterpiece.

I was looking forward to reading a "behind the scenes" book about ballet. It’s really more about one dancer’s life experiences and personal faith. Anyone looking for ballet gossip or history will probably be disappointed.

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