

Sugar Plum Ballerinas

Terrel is always in charge, whether she's making lists for grocery shopping (her favorite hobby, AFTER ballet), keeping her brothers in line, or organizing father-daughter time in with her dad. Lately, though, her dad's been acting a little strange--wearing new clothes and way too much aftershave. Things get even weirder when he surprises Terrel with his new girlfriend during a night out at the ballet - a night that was supposed to be father-daughter time. What's more, his "date" brought her niece along. A niece who turns out to be Terrel's ballerina nemesis, Tiara Girl! With some Sugar Plum help, Terrel takes charge of breaking up her father's new relationship.

Alice and her two friends (one of whom is an invisible rabbit) have an adventure-filled trip to 4444 44th Street to collect a prize she hopes will bring her wealth, fame, and lots of friends.

Dare Me meets Black Swan and Luckiest Girl Alive in a captivating, voice-driven debut novel about a trio of ballerinas who meet as students at the Paris Opera Ballet School. "Enthralling...irresistible." — New York Times "A standing ovation to this debut." — E! News Thirteen years ago, Delphine L 6 ge abandoned her prestigious soloist spot at the Paris Opera Ballet for a new life in St. Petersburg — taking with her a secret that could upend the lives of her best friends, fellow dancers Lindsay and Margaux. Now thirty-six years old, Delphine has returned to her former home and to the legendary Palais Garnier Opera House, to choreograph the ballet that will kickstart the next phase of her career — and, she hopes, finally make things right with her former friends. But Delphine quickly discovers that things have changed while she's been away...and some secrets can't stay buried forever. Moving between the trio's adolescent years and the present day, The Ballerinas explores the complexities of female friendship, the dark drive towards physical perfection in the name of artistic expression, the double-edged sword of ambition and passion, and the sublimated rage that so many women hold inside — all culminating in a twist you won't see coming, with a magnetic cast of characters you won't soon forget.

Tallulah is thrilled to play a mouse in a professional production of The Nutcracker and works very hard to be the most marvelous mouse of all, but opening night brings some surprises.

A Step-by-Step Guide to Ballet

Ballerina Cookbook

Plum Fantastic

Sex, Scandal, and Suffering Behind the Symbol of Perfection

A Novel

It started as the perfect story. Zippora Karz was a member of the famed New York City Ballet by the age of eighteen. By twenty she was starring as the Sugar Plum Fairy in The Nutcracker, dancing roles created by Jerome Robbins, and traveling the world. It was the stuff dreams are made of until, at age twenty-one, Karz was diagnosed with diabetes. Balancing ballet and her blood sugar would be a long and difficult struggle for Karz. In The Sugarless Plum, Karz shares her journey from denial, shame and miseducation about her illness to how she led an active, balanced and satisfying life as an insulin-dependent diabetic and soloist with one of the world's most famous ballet companies. The Sugarless Plum takes readers deep into the heart and soul of a young dancer, and is a remarkable testament to determination and perseverance.

*Sugar Plum Ballerinas #1: Plum Fantastic**Jump At The Sun*

The perfect holiday gift for every young ballet lover. Go backstage at the ballet with real-life thirteen-year-old dancer Fiona. Dozens of gorgeous, full-color photographs welcome readers into Fiona's world, as she goes from auditions, to rehearsals, to opening night playing Clara, the lead child's role in Boston Ballet's The Nutcracker. Experience the nerves, the hard work, and ultimately the thrill of performing on the big stage with a professional company. This is a beautiful holiday gift that young dancers will cherish all year round.

Find everything your child needs to know to improve their ballet in this book and DVD from Director of the English National Ballet School, Jane Hackett. From first position to en pointe, the book shows detailed step-by-step photographs of how young ballerinas can improve on each position whatever their age or stage; making it enjoyable and easy to perfect their style. Discover the best things to wear to class, how to combine positions and even how to choreograph a ballet. Watch the DVD together and see the ballet steps and individual dances in motion, then have fun helping your child to practise as they watch.

Becoming a Ballerina

Plum Fantastic and Toeshoe Trouble

Whoopi's Big Book of Relationships

The Making of a Rogue Ballerina

Terrible Terrel

Throughout her history, the ballerina has been perceived as the embodiment of beauty and perfection—the feminine ideal. But the reality is another story. From the earliest ballerinas in the 17th century, who often led double lives as concubines, through the poverty of the corps de ballet dancers in the 1800’s and the anorexic and bulimic ballerinas of George Balanchine, starvation and exploitation have plagued ballerinas throughout history. Using the stories of great dancers such as Anna Pavlova, Isadora Duncan, Suzanne Farrell, Gelsey Kirkland, and Evelyn Hart, Deirdre Kelly exposes the true rigors for women in ballet. She rounds her critique with examples of how the world of ballet is slowly evolving for the better. But to ensure that this most graceful of dance forms survives into the future, she says that the time has come to rethink ballet, to position the ballerina at its center and accord her the respect she deserves.

Meet the Sugar Plum Ballerinas At The Nutcracker School of Ballet in Harlem, young dancers learn to chassé, plié, and jeté with their Sugar Plum Sisters—but things don’t always go to plan! As the girls encounter challenges both on and off stage, they’ll need the support of their classmates to carry them through with aplomb. Readers will applaud the first two books in this beloved, New York Times best-selling series celebrating friendship, creativity, and most of all, dance. Plum Fantastic!Alexandrea Petrakova Johnson does not want to be a beautiful ballerina, and she does not want to leave her friends in Apple Creek. It's hard enough when her ballet-crazy mother moves the family to Harlem, but when Al is chosen to star in the Nutcracker School of Ballet's big recital, she'll have to contend with her terrible dancing and a rotten case of stage fright! Can her new classmates help her find her inner Sugar Plum Fairy? Toeshoe Trouble!Brenda Black prides herself on her logical and orderly mind. She studies anatomy books and idolizes Leonardo da Vinci. Things go haywire, though, when her spoiled cousin Tiffany comes to visit. Sick and tired of Tiffany's bragging, Brenda snaps and says she owns an autographed pair of famous toe shoes. It's a ballet slipper-y slope as the lie gets out of hand, and she'll need her Sugar Plum Sisters to help get her back on point!

Tallulah takes ballet lessons and eagerly awaits her coveted tutu, which, she learns, she must work hard to earn.

Alexandrea Petrakova Johnson does not want to be a beautiful ballerina, and she does not want to leave her friends in Apple Creek. Unfortunately, that doesn't stop her ballet-crazy mother from moving them to Harlem, or from enrolling Al at the Nutcracker School of Ballet. Life is hard when you're the new ballerina on the block, and it's even harder when you're chosen to be the Sugar Plum Fairy in the school recital!

The Ballerinas

Sugar Plum Ballerinas: Toeshoe Trouble

Perfectly Prima

An Unlikely Ballerina

Ballerina

Discover the spellbinding magic of Swan Lake in this musical retelling of the ballet – push the button on each beautiful scene to hear the vivid sound of an orchestra playing from Tchaikovsky’s score. This tale of a prince, a beautiful swan princess and an evil sorcerer begins in a woodland clearing far, far away. It is Prince Siegfried’s 21st birthday. He is playing games with his friends when his mother, the Queen, arrives to tell him he needs to stop having fun and start looking after the kingdom. Prince Siegfried dreams of running away. He follows an enchanting flock of swans to a clearing by a lake, where four of the little cygnets begin to dance. The most beautiful swan transforms into the Princess Odette, who tells him that she has been cursed to turn into a swan by day and return to her natural form at night by the evil sorcerer Von Rothbart. As the prince and Odette dance, they begin to fall in love. The story follows Prince Siegfried as he attends his birthday party, is tricked into proposing to Von Rothbart’s daughter Odile and returns to the lake to battle the evil sorcerer. Will the prince be reunited with his swan princess? As you and your little one journey through the magical scenes, you will press the buttons to hear 10 excerpts from the ballet’s music. At the back of the book, find a short biography of the composer, Pyotr Ilyich Tchaikovsky, with details about his composition of Swan Lake. Next to this, you can replay the musical excerpts and, for each of them, read a discussion of the instruments, rhythms and musical techniques that make them so powerful. A glossary defines musical terms. The Story Orchestra series brings classical music to life for children through gorgeously illustrated retellings of classic ballet stories paired with 10-second sound clips of orchestras playing from their musical scores. Manufacturer’s note: please pull the white tab out of the back of the book before use. Sound buttons require a firm push in exact location to work, which may be hard for young children. All sound clips are 10 seconds long.

From the provocative and hilarious EGOT winner, bestselling author, and host of The View, Whoopi Goldberg, comes the perfect antidote to all those outdated relationship advice books in the world, weighing in on why marriage isn't for everybody, and how the life you want shouldn't be the life everyone else expects you to have. Whoopi Goldberg has been an electrifying, envelope-pushing public figure of many stripes: acclaimed actor, comedienne, singer, songwriter, author, political activist and talk show host. Now, Whoopi will speak openly about why marriage isn't for everyone, how being alone can be satisfying, and how what's most important is understanding who you are and what makes you happy. Wise, funny, and conversation-starting, Whoopi's message is sure to resonate with the millions of people who struggle with relationships every day. Goldberg says: "I get to hear from a lot of different people about relationships and this got me trying to figure out why the divorce rate is SO high. It occurred to me that as one who

has done it badly often, I might have some insight. It's hard to really know the other person's agenda, but if someone says 'you complete me', RUN!!!!"

Triple! Jessica, JoAnn, and Jerzey and their friends in ballet classes try to keep the building that houses The Nutcracker School from being torn down, while also trying to rescue a stray kitten.

The fourth book of the award-winning and bestselling Sugar Plum Ballerinas series by Whoopi Goldberg—now featuring brand-new illustrations! At the Nutcracker School of Ballet in Harlem, young dancers learn to chassé, plié, and jeté with their Sugar Plum Sisters—but things don't always go to plan! As the girls encounter challenges both on and off stage, they'll need the support of their classmates to carry them through with aplomb. Terrel is always in charge, whether she's making lists for grocery shopping (her favorite hobby, AFTER ballet), keeping her brothers in line, or organizing father-daughter time in with her dad. Lately, though, her dad's been acting a little strange--wearing new clothes and way too much aftershave. Things get even weirder when he surprises Terrel with his new girlfriend during a night out at the ballet - a night that was supposed to be father-daughter time. What's more, his "date" brought her niece along. A niece who turns out to be Terrel's ballerina nemesis, Tiara Girl! With some Sugar Plum help, Terrel takes charge of breaking up her father's new relationship.

Toeshoe Trouble

Sugar Plums to the Rescue!

Alice

My Journey in the Ballet

Sugar Plum Ballerinas: Tutu Many Problems (previously published as Terrible Terrel)

Profiles the life and career of the professional ballerina, covering how she began dance classes at age thirteen in an after-school community center through becoming the only African American soloist dancing with the American Ballet Theatre.

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Arthur is in top form as he competes at a Middle Ages fair. Arthur fans who are ready to read on their own now have a new chapter book to add to their collection. This book features a longer chapter with Arthur, D.W. and the rest of the gang. Illustrations.

Jessica is worse than worried when she learns that the Nutcracker School of Ballet might lose its lease! Life just wouldn't be the same without the ballet classes she shares with her Sugar Plum sisters. Her problems mount when she rescues an adorable stray kitty on her way home from class. The animal shelters can't take the cat for weeks, so Jessica hopes the cat can live at the Nutcracker School in the meantime. But the school is already in trouble, and a cat could be just what the landlord needs to bring down the curtain on the ballerinas-permanently.

Whoopi's Big Book of Manners

Wildmind

Swan Dive

Tallulah's Tutu

The Sugarless Plum

Prima Ballerina Darcy Bussell takes you on a captivating journey to a faraway land of ballet and magic, the wonderful world of Enchantia! The sixth of sparkly new series for all young girls who dream of being a ballerina, or simply love to dance!

"A glimpse into the fragile psyche of a dancer." —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.

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

"Don't expect just tulle and toe shoes. In this fascinating insider's tale, NYCB dancer Pazcoquin reveals her world. . . . A striking debut." —People Award-winning New York City Ballet soloist Georgina Pazcoquin, aka the Rogue Ballerina, gives readers a backstage tour of the real world of elite ballet—the gritty, hilarious, sometimes shocking truth you don't see from the orchestra circle. In this love letter to the art of dance and the sport that has been her livelihood, NYCB's first Asian American female soloist Georgina Pazcoquin lays bare her unfiltered story of leaving small-town Pennsylvania for New York City and training amid the unique demands of being a hybrid professional athlete/artist, all before finishing high school. She pitches us into the fascinating, whirling shoes of dancers in

one of the most revered ballet companies in the world with an unapologetic sense of humor about the cutthroat, survival-of-the-fittest mentality at NYCB. Some swan dives are literal: even in the ballet, there are plenty of face-plants, backstage fights, late-night parties, and raucous company bonding sessions. Rocked by scandal in the wake of the #MeToo movement, NYCB sits at an inflection point, inching toward progress in a strictly traditional culture, and Pazcoquin doesn't shy away from ballet's dark side. She continues to be one of the few dancers openly speaking up against the sexual harassment, mental abuse, and racism that in the past went unrecognized or was tacitly accepted as par for the course—all of which she has painfully experienced firsthand. Tying together Pazcoquin's fight for equality in the ballet with her infectious and deeply moving passion for her craft, Swan Dive is a page-turning, one-of-a-kind account that guarantees you'll never view a ballerina or a ballet the same way again.

Sugar Plum Ballerinas: Sugar Plums to the Rescue!

Sugar Plum Ballerinas: Dancing Diva

A Nutcracker Story

King Arthur

Sugar Plum Ballerinas in Two Acts

Explores the artistic side of baking with recipes that use sculpture, painting, and many other unique techniques to create edible works of art.

Epatha knows she's the perfect pick for the lead in the new Sugar Plum ballet. But her dream role isn't as fabulous as she imagined. When she tries to spice up the choreography with her free-spirited style it's up to the rest of the Sugar Plum Ballerinas to keep Epatha's toes in line. Will Epatha listen to her friends or can she convince the other ballerinas that her way is the best? The sixth and final book in the Sugar Plum Ballerina series is as full of fun, mischief, and friendship as ever!

A ballet slipper-ey slope Brenda Black prides herself on her logical and orderly mind. She studies anatomy books to get a twelve-year head start on medical school, and she idolizes Leonardo da Vinci. But things go haywire when her spoiled cousin Tiffany comes to visit. At first Brenda tries to ignore Tiffany's constant bragging. But when Tiffany implies that Brenda is not cultured enough to know who Miss Camilla Freeman is--Miss Camilla Freeman, the very famous prima ballerina--Brenda snaps. She tells Tiffany that not only does she know who Camilla Freeman is, but she happens to own an autographed pair of her toeshoes. So of course, Tiffany wants to see the shoes. The only problem? The shoes actually belong to Ms. Debbé, the headmistress of the Nutcracker School! Brenda's anatomy books might get her into medical school, but they can't get her out of this mess--for that, she'll need the help of her Sugar Plum Sisters!

Little girls will love the ballet-themed recipes in this cookbook. Inspired by the ballets Swan Lake, Sleeping Beauty, and the perennial favorite, The Nutcracker, recipes like Meringue Tutus, Sugar Plum Fairy Pops, and Spanish Dancers' White Hot Chocolate are perfect for themed parties or any day of the year.

Rosa and the Secret Princess

Life in Motion

Delphie and the Magic Ballet Shoes

Press the note to hear Tchaikovsky's music

Ballerina Dreams

Prima Ballerina Darcy Bussell takes you on a captivating journey to a faraway land of ballet and magic, the wonderful world of Enchantia! The sixth of sparkly new series for all young girls who dream of being a ballerina, or simply love to dance!

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Alexandrea Petrakova Johnson does not want to be a beautiful ballerina, and she does not want to leave her friends in Apple Creek. Unfortunately, that doesn't stop her ballet-crazy mother from moving them to Harlem, or from enrolling Al at the Nutcracker School of Ballet. Life is hard when you're the new ballerina on the block, and it's even harder when you're chosen to be the Sugar Plum Fairy in the school recital!

The Story Orchestra: Swan Lake

Sugar Plum Ballerinas #1: Plum Fantastic

Delphie and the Birthday Show (Magic Ballerina, Book 6)

If Someone Says "You Complete Me." RUN!

A Memoir

Brenda Black tells her spoiled cousin Tiffany that she owns a pair of ballerina Camilla Freeman's tap shoes, but then Tiffany demands to see the shoes, which actually belong to the headmistress of Brenda's ballet school.

Perfectionist! Jerzey Mae desperately wants to be a ballet dancer. But she's frustrated by her own lack of talent--and by her friends' jokes about her terrible dancing. Things get even worse when her little brother Mason attends her ballet class, totally embarrassing Jerzey in front of her prima ballerina idol, Miss Camilla Freeman.

Discusses the nature and value of good manners and how they enhance the relationship between individuals in society.

When Epatha tries to spice up the choreography of the new ballet in Harlem with her free-spirited style, the rest of the Sugar Plum ballerinas encourage her to keep her toes in line.

Dancing Through It

Tallulah's Nutcracker

Spirituals

Dessert Recipes to Inspire Your Inner Artist

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True story of five little girls with cerebral palsy or other physical disabilities who were determined to become ballerinas.

Sugar Plum Ballerinas: Terrible Terrel

Sugar Plum Ballerinas #2: Toeshoe Trouble

Sugar Plum Ballerinas #3: Perfectly Prima

Sugar Plum Ballerinas: Plum Fantastic