

The Dance Of Change: The Challenges To Sustaining Momentum In A Learning Organization (The Fifth Discipline)

In times of constant change, adaptive leadership is critical. This Harvard Business Review collection brings together the seminal ideas on how to adapt and thrive in challenging environments, from leading thinkers on the topic—most notably Ronald A. Heifetz of the Harvard Kennedy School and Cambridge Leadership Associates. The Heifetz Collection includes two classic books: Leadership on the Line, by Ron Heifetz and Marty Linsky, and The Practice of Adaptive Leadership, by Heifetz, Linsky, and Alexander Grashow. Also included is the popular Harvard Business Review article, “Leadership in a (Permanent) Crisis,” written by all three authors. Available together for the first time, this collection includes full digital editions of each work. Adaptive leadership is a practical framework for dealing with today’s mix of urgency, high stakes, and uncertainty. It has been used by individuals, organizations, businesses, and governments worldwide. In a world of challenging environments, adaptive leadership serves as a guide to distinguishing the essential from the expendable, beginning the meaningful process of adaption, and changing the status quo. Ronald A. Heifetz is a cofounder of the international leadership and consulting practice Cambridge Leadership Associates (CLA) and the founding director of the Center for Public Leadership at the Harvard Kennedy School. He is renowned worldwide for his innovative work on the practice and teaching of leadership. Marty Linsky is a cofounder of CLA and has taught at the Kennedy School for more than twenty-five years. Alexander Grashow is a Senior Advisor to CLA, having previously held the position of CEO.

This Companion documents and celebrates artistic journeys within the framework of rich and complex cultural heritages and traditional dance practices of the Asia-Pacific region. It presents various dance forms from Australia, Cambodia, China, Hong Kong, India, Indonesia, Malaysia, the Philippines, Singapore, Taiwan, Thailand, and the South Pacific. Drawing on extensive research and decades of performative experience as artists, choreographers, producers, teachers, and critics, the authors approach issues of dance and cultural diversity from a theoretical perspective while at the same time exploring change, process, and transformation through dance. The book discusses themes such as tradition, contemporization, interdisciplinarity, dance education, youth dance, dance networks, curatorial practices, and evolving performative practices of dance companies and independents. It also looks at regional networking, curating dance festivals and spaces that foster collaboration, regional cooperation, and cultural exchange, which are essential features of dance in Asia and the Pacific. This collection will be of interest to students and researchers of pedagogy, choreography, community dance practice, theatre and performance studies, social and cultural studies, aesthetics, interdisciplinary arts, and more. It will be an invaluable resource for artists and practitioners working in dance schools and communities.

Few of us consider how mundane infrastructures--from electrical grids to sewage systems--have developed over millennia in ways that enable democracy, technological innovation, to individual liberty itself. But what drives the evolution of this infrastructure? And why is infrastructure so critical to human flourishing?

From the celebrated author of The Dance of Anger comes an extraordinary book about mothering and how it transforms us -- and all our relationships -- inside and out. Written from her dual perspective as a psychologist and a mother, Lerner brings us deeply personal tales that run the gamut from the hilarious to the heart-wrenching. From birth or adaption to the empty nest, The Mother Dance teaches the basic lessons of motherhood: that we are not in control of what happens to our children, that most of what we worry about doesn't happen, and that our children will love us with all our imperfections if we can do the same for them. Here is a gloriously witty and moving book about what it means to dance the mother dance.

Bells of Change

And They Still Dance

Kathak Dance, Women and Modernity in India

The Dance of We

The Origins of the Calendar

Empowering Change in Your Organization

The Routledge Companion to Dance in Asia and the Pacific

A Superintendent’s Spin on Making Schools Rock

There was a time when Christians pioneered the future—from business to church, mathematics to justice reform. Along the way, that redemptive, adaptive movement began to gild in gold the victories of the past, leaving us change averse and frozen in time.But ready or not, the invitation is for kingdom leaders to reclaim their calling to innovate.Weaving together stories with surprising twists, studies with striking conclusions, and spellbinding cultural analysis, Doug Paul unlocks the five phases of kingdom innovation.Practical, hope-filled, and endlessly readable, Ready or Not reveals that whenever God’s people have leaned into innovation, the world has shifted on its axis.

In his new book, The Dance of We, Mark Horowitz draws from his many years of work in psychology and as an organizational development consultant to explain the powerful systemic forces that impact us in our families, our workplaces and our social and political systems. Using humor, current events, and stories from his own life, including his early years in a cult, the author describes four characteristics of dysfunctional human systems and four principles for balancing love and power in order to make those systems more Life-affirming.

Dancing Across Borders presents formal and non-formal settings of dance education where initiatives in different countries transcend borders: cultural and national borders, subject borders, professional borders and socio-economic borders. It includes chapters featuring different theoretical perspectives on dance and cultural diversity, alongside case narratives that show these perspectives in a specific cultural setting. In this way, each section charts the processes, change and transformation in the lives of young people through dance. Key themes include how student learning is enhanced by cultural diversity, experiential teaching and learning involving social, cross-cultural and personal dimensions. This conceptually aligns with the current UNESCO protocols that accent empathy, creativity, cooperation, collaboration alongside skills- and knowledge-based learning in an endeavour to create civic mindedness and a more harmonious world. This volume is an invaluable resource for teachers, policy makers, artists and scholars interested in pedagogy, choreography, community dance practice, social and cultural studies, aesthetics and interdisciplinary arts. By understanding the impact of these cross-border collaborative initiatives, readers can better understand, promote and create new ways of thinking and working in the field of dance education for the benefit of new generations.

Traces the mythology, superstitions, and events that influenced the creation of the modern calendar, discussing such facts as the explanations behind the names of the days of the week and the origins of the Easter Bunny.

Perspectives on dance, young people and change

The Art of Leading in Business, Government, and Society

Sounding the Dance, Moving the Music

Dance and Organization

The Dance of Leadership: The Art of Leading in Business, Government, and Society

The Shapes of Change

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

Infrastructure, Social Oscillation, and the Evolution of Societies

A reckoning with one of our most beloved art forms, whose past and present are shaped by gender, racial, and class inequities -- and a look inside the fight for its future. Every day, in dance studios all across America, millions of little girls line up at the barre and take ballet class. Their time in the studio shapes their lives, instilling lessons about gender, power, the value of their bodies and minds, and their place in the world both in and outside of dance. In Turning Pointe, journalist Chloe Angyal captures the intense love for ballet that so many dancers feel, while also grappling with its devastating shortcomings: the power imbalance of an art form performed mostly by women, but dominated by male choreographers and ballet masters, the impossible standards of beauty and thinness, and the racism that keeps so many people out of ballet. A new generation of dancers is confronting these issues head on. If ballet is going to survive the 21st century and forge a path into a more socially just future, this reckoning is essential.

The arts have a crucial role in empowering young people with special needs through diverse dance initiatives. Inclusive pedagogy that integrates all students in rich, equitable and just dance programmes within education frameworks is occurring alongside enabling projects by community groups and in the professional dance world where many high-profile choreographers actively seek opportunities to work across diversity to inspire creativity. Access and inclusion is increasingly the essence of projects for disenfranchised and traumatised youth who find creative expression, freedom and hope through dance. This volume foregrounds dance for young people with special needs and presents best practice scenarios in schools, communities and the professional sphere. International perspectives come from Australia, Brazil, Cambodia, Canada, Denmark, Fiji, Finland, India, Indonesia, Jamaica, Japan, Malaysia, New Zealand, Norway, Papua New Guinea, Portugal, Singapore, South Africa, Spain, Taiwan, Timor Leste, the UK and the USA. Sections include: inclusive dance pedagogy equality, advocacy and policy changing practice for dance education community dance initiatives professional integrated collaborations

Dance and Organisation is the first comprehensive work to integrate dance theory and methods into the study of management, which have developed an interest in the arts and the humanities. Dance represents dynamics and change and puts the moving body at the centre, which has been ignored and oppressed by traditional management theory. ‘Being’ a leader however also means to ‘move’ like one, and critical lessons can be learned from ballerinas and modern dancers. Leadership is a dialogue, as in the work of musicians, conductors and DJs who manage groups without words. Movement in organisational space, in a museum or a techno club can be understood as a choreography and site-specific performance. Movement also is practically used for leadership and employee development workshops and can be deployed as an organisational research method. By taking a firm interdisciplinary stance in dance studies and organisational research to explore management topics, reflecting on practitioner accounts and research projects, the book seeks to make an innovative contribution to our understanding of the moving body, generating new insights on teamwork, leadership, gender in management, organisational space, training and research methods. It comprises an important contribution to the organizational behaviour and critical management studies disciplines, and looks to push the boundaries of the academic literature.

Since Peter Senge published his groundbreaking book The Fifth Discipline, he and his associates have frequently been asked by the business community: "How do we go beyond the first steps of corporate change? How do we sustain momentum?" They know that companies and organizations cannot thrive today without learning to adapt their attitudes and practices. But companies that establish change initiatives discover, after initial success, that even the most promising efforts to transform or revitalize organizations—despite interest, resources, and compelling business results—can fail to sustain themselves over time. That’s because organizations have complex, well-developed immune systems, aimed at preserving the status quo. Now, drawing upon new theories about leadership and the long-term success of change initiatives, and based upon twenty-five years of experience building learning organizations, the authors of The Fifth Discipline Fieldbook show how to accelerate success and avoid the obstacles that can stall momentum. The Dance of Change, written for managers and executives at every level of an organization, reveals how business leaders can work together to anticipate the challenges that profound change will ultimately force the organization to face. Then, in a down-to-earth and compellingly clear format, readers will learn how to build the personal and organizational capabilities needed to meet those challenges. These challenges are not imposed from the outside; they are the product of assumptions and practices that people take for granted—an inherent, natural part of the processes of change. And they can stop innovation cold, unless managers at all levels learn to anticipate them and recognize the hidden rewards in each challenge, and the potential to spur further growth. Within the frequently encountered challenge of "Not Enough Time," for example—the lack of control over time available for innovation and learning initiatives—lies a valuable opportunity to reframe the way people organize their workplaces. This book identifies universal challenges that organizations ultimately find themselves confronting, including the challenge of "Fear and Anxiety"; the need to diffuse learning across organizational boundaries; the ways in which assumptions built in to corporate measurement systems can handcuff learning initiatives; and the almost unavoidable misunderstandings between "true believers" and nonbelievers in a company. Filled with individual and team exercises, in-depth accounts of sustaining learning initiatives by managers and leaders in the field, and well-tested practical advice, The Dance of Change provides an insider’s perspective on implementing learning and change initiatives at such corporations as British Petroleum, Chrysler, Dupont, Ford, General Electric, Harley-Davidson, Hewlett-Packard, Mitsubishi Electric, Royal DutchShell, Shell Oil Company, Toyota, the United States Army, and Xerox. It offers crucial advice for line-level managers, executive leaders, internal networkers, educators, and others who are struggling to put change initiatives into practice.

Chakradance

The God-Inspired Moves of a Woman on Holy Ground

How To Do Things with Dance

The Dance of Change

The Dance of Intimacy

Ready Or Not

The challenges to sustaining momentum in a learning organization

The Power of Great Partnerships

Who Says Elephants Can't Dance? sums up Lou Gerstner's historic business achievement, bringing IBM back from the brink of insolvency to lead the computer business once again.Offering a unique case study drawn from decades of experience at some of America's top companies -- McKinsey, American Express, RJR Nabisco -- Gerstner's insights into management and leadership are applicable to any business, at any level. Ranging from strategy to public relations, from finance to organization, Gerstner reveals the lessons of a lifetime running highly successful companies.

Through short stories, poetry, and humor, author Bernadette Reynolds narrates the story of her life. In Dance to Your Own Tune she narrates how, for many years, she attempted to climb her mountain, but failed. Finally, on her quest to discover who she was, Reynolds looked within and began to take responsibility for herself. That's when the true changes began. In story of pain and of healing, Dance to Your Own Tune blends Reynolds' personal experiences with helpful tips for coping with your own journey and its sorrows and struggles. She tells about her battle with low self-esteem, anorexia, bulimia, and alcohol abuse and how she started to turn her life around by going within herself. Reynolds helps you understand the importance of knowing who you are, what you are capable of, and living from these positive attributes. She shares how she discovered the meaning of freedom, health, vitality, and the love of a family. Now a wife, mother, and grandmother, she is present every moment of every day.

The popularity and profile of African dance have exploded across the African diaspora in the last fifty years. Hot Feet and Social Change presents traditionalists, neo-traditionalists, and contemporary artists, teachers, and scholars telling some of the thousands of stories lived and learned by people in the field. Concentrating on eight major cities in the United States, essays explode myths about African dance while demonstrating its power to awaken identity, self-worth, and community respect. These voices of experience share personal accounts of living African traditions, their first encounters with and ultimate embrace of dance, and what teaching African-based dance have meant to them and their communities. Throughout, editors alert readers to established and ongoing research, and provide links to critical contributions by African and Caribbean dance experts.Contributors: Ausettua Amor Amenkum, Abby Carlozzo, Steven Cornelius, Yvonne Daniel, Charles "Chuck" Davis, Esailama G. A. Diouf, Indira Etwaroo, Habib Iddrisu, Julie B. Johnson, C. Kemal Nance, Halifu Osumare, Amaniyeya Payne, William Serrano-Franklin, and Kariamu Welsh

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Stacey Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking s

The Mother Dance

Dance, Stand, Run

Dance Education around the World

The Dance of Anger

Instructions for Dancing

Kingdom Innovation for a Brave New World

Co-Leaders

The Fifth Discipline Fieldbook

This guide outlines the steps women, as well as men, can take to strengthen good relationships and heal difficult ones. It is also available on two 90-minute audio-cassettes from HarperAudio.

*The Dance of Change**The challenges to sustaining momentum in a learning organization*Currency

The star of "Riverdance" describes his rise from the Chicago streets to international fame as an Irish step dancer, detailing his role in "Riverdance," his creation of "Lord of the Dance" and other shows, his turbulent love life, and his dedication to his art.

AN INSTANT #1 NEW YORK TIMES BESTSELLER "A charming, wholehearted love story that's sure to make readers swoon."—Entertainment Weekly "Nicola Yoon writes from the heart in this beautiful love story."—Good Morning America "It's like an emotional gut punch—so beautiful and also heart-wrenching."—US Weekly In this romantic page-turner from the author of Everything, Everything and The Sun is Also a Star, Evie has the power to see other people’s romantic fates—what will happen when she finally sees her own? Evie Thomas doesn't believe in love anymore. Especially after the strangest thing occurs one otherwise ordinary afternoon: She witnesses a couple kiss and is overcome with a vision of how their romance began . . . and how it will end. After all, even the greatest love stories end with a broken heart, eventually. As Evie tries to understand why this is happening, she finds herself at La Brea Dance Studio, learning to waltz, fox-trot, and tango with a boy named X. X is everything that Evie is not: adventurous, passionate, daring. His philosophy is to say yes to everything—including entering a ballroom dance competition with a girl he's only just met. Falling for X is definitely not what Evie had in mind. If her visions of heartbreak have taught her anything, it's that no one escapes love unscathed. But as she and X dance around and toward each other, Evie is forced to question all she thought she knew about life and love. In the end, is love worth the risk?

Rumba

Images of American Dance

The Age of Heretics

Heroes, Outlaws, and the Forerunners of Corporate Change

The Dance of Time

Performing Change in Postwar America

Lord of the Dance

Teaching The Elephant To Dance

"What is strikingly new about Miss Siegel's achievement is that she goes beyond the usual kind of historical reassessment. . . . She performs on behalf of this most evanescent of the arts an act of significant recovery. By tracking down--often in rare stage revivals, on film or on videotape--as many of the works by major creators of the last half century as survive, and by describing them . . . in a manner that combines accuracy and imagination, she has enriched our knowledge of the past and added immeasurably, to our resent stock of critical resources."--Dale Harris, New York Times Book Review "Siegel has a gut feeling for dance and a razor-sharp intelligence about it. It's an irresistible combination."--Margaret Pierpont, Dance Magazine "After you've seen and felt dance this deeply--even vicariously--your way of looking at dance will never be the same."--William Albright, Houston Post She sees, acutely, with her muscles as well as her eyes. She thinks about dance as much as she experiences it. . . . This is dance choreography reconstituted. Dances leap off the page. . . . The ability to do that is extraordinary."--Jean Bunke, Des Moines Sunday Register "The sections in which she describes the dances themselves make up the bulk of the book and they are profoundly illuminating. . . . These descriptions represent an amazing literary, as well as critical, accomplishment, for they are both accurate and resonant, both objective and enlightening, both formal and personal."--Laura Shapiro, The Real Paper "Siegel draws on her years of experience as a working dance critic, a profession she has helped to shape, and brings to a range of American dance a sense of honesty and a mind that wants to understand the antecedents of what is currently in vogue as the dance explosion."--Iris M. Fanger, The Christian Science Monitor Leading schools with courage, intention, and honesty What can a deejay teach us about the classroom? What does a superintendent do besides decide when to close school for snow? What makes someone a great teacher or a great principal? In this collection of essays, Dr. Joe Clark answers these questions by offering a model for compassionate, principled, and student-centered school leadership. In the process, If the Dance Floor Is Empty, Change the Song offers leaders a handbook for placing kindness, community, and diversity at the heart of successful education. Full of humor and resilience, Clark's essays beam with as much range as they do insight. He dives right into issues like changing instructional standards, increased reliance on testing, and anxiety about social media in schools--and others--while providing collegial advice that new school leaders in particular will find indispensable. With an eye toward centering students, supporting teachers, and empowering communities, If the Dance Floor Is Empty, Change the Song never loses sight of the human needs and connections that ultimately drive learning. This is the type of read that can rejuvenate a veteran, or give new teachers tools to keep their morale and inspiration at their peak. The lessons you learn from this book can carry over throughout the year, even when you don't know if you can get through it. --Amber Teamann, principal of Whitt Elementary in Wylie ISD in Wylie, Texas Woven through these pages are stories of connection, told with the candor and vulnerability necessary for promoting personal and professional growth. There is something for everyone in this book! --Tamara Letter, MEd, instructional coach, technology integrator, and author of A Passion for Kindness It's been said that we never know the struggles that someone is going through, so we should treat them kindly always. In If the Dance Floor Is Empty, Change the Song, Joe Clark embraces his own vulnerability to share how he reclaimed his story after a traumatic childhood and used his life experiences--and his time as a DJ and camp director--to guide his work as a school leader. This book is an often humorous, sometimes melancholy look into what teaching and school leadership are all about. It's a tremendous read that I know you'll enjoy. --Thomas C. Murray, director of innovation at Future Ready Schools and author of Personal & Authentic

Dance has the power to change the lives of young people. It is a force in shaping identity, affirming culture and exploring heritage in an increasingly borderless world. Creative and empowering pedagogies are driving curriculum development worldwide where the movement of peoples and cultures generates new challenges and possibilities for dance education in multiple contexts. In Dance Education around the World: Perspectives on Dance, Young People and Change, writers across the globe come together to reflect, comment on and share their expertise and experiences. The settings are drawn from a spectrum of countries with contributions from Europe, the Americas, the Middle East, Asia, the Pacific and Africa giving insights and fresh perspectives into contrasting ideas, philosophies and approaches to dance education from Egypt to Ghana, Brazil to Finland, Jamaica to the Netherlands, the UK, USA, Australia, New Zealand and more. This volume offers chapters and narratives on: Curriculum developments worldwide Empowering communities through dance Embodiment and creativity in dance teaching Exploring and assessing learning in dance as artistic practice Imagined futures for dance education Reflection, evaluation, analysis and documentation are key to the evolving ecology of dance education and research involving individuals, communities and nations. Dance Education around the World: Perspectives on Dance, Young People and Change provides a great resource for dance educators, practitioners and researchers, and pushes for the furtherance of dance education around the world. Charlotte Svendler Nielsen is Assistant professor and head of educational studies at the Department of Nutrition, Exercise and Sports, research group Body, Learning and Identity, University of Copenhagen, Denmark. Stephanie Burridge lectures at Lasalle College of the Arts and Singapore Management University, and is the series editor for Routledge Celebrating Dance in Asia and the Pacific.

With contributors from many fields and diverse cultural backgrounds, this book expands on the discourse and curriculum of dance in ways that connect it to the critical, political, moral and aesthetic dimensions of society, for example, examining choreography and issues of the self.

Perspectives on Dance, Young People and Change

The Daily Show (The Book)

Leading a Great Enterprise through Dramatic Change

Adaptive Leadership: The Heifetz Collection (3 Items)

Choreomusicological Perspectives on Maritime Southeast Asian Performing Arts

The Dance Cure

Dance, Access and Inclusion

How a New Generation of Dancers Is Saving Ballet from Itself

Performing arts in most parts of Maritime Southeast Asia are seen as an entity, where music and dance, sound and movement, acoustic and tactile elements intermingle and complement each other. Although this fact is widely known and referenced, most scholarly works in the performing arts so far have either focused on "music" or "dance" rather than treating the two in combination. The authors in this book look at both aspects in performance, moreover, they focus explicitly on the interrelation between the two, on both descriptive-analytical and metaphorical levels. The book includes diverse examples of regional performing art genres from Indonesia, Malaysia and the Philippines. All case studies are composed from the perspective of the relatively new approach and field of ethno-choreomusicology. This particular compilation gives an exemplary overview of various phenomena in movement-sound relations, and offers for the first time a thorough study of the phenomenon that is considered essential for the performing arts in Maritime Southeast Asia - the inseparability of movement and sound.

Winner of the CORD Outstanding Publication Award (2012) In postwar America, any assertion of difference from the mainstream anticommunist culture carried professional and personal risks. For this reason, modern dance artists left much of what they thought unsaid. Instead they expressed themselves in movement. How To Do Things with Dance positions modern dance as a vital critical discourse, and suggests that dances of the late 1940s and the 1950s can be seen as compelling agents of social change. Concentrating on choreographers whose artistic work conceived dance in terms of action, Rebekah J. Kowal shows how specific choreographic projects demonstrated increasing awareness of the stage as a penetrable space, one on which socially suspect or marginalized modes of being could be performed with relative impunity and exerted in the real world. Artists covered include Martha Graham, José Limón, Anna Sokolow, Katherine Dunham, Pearl Primus, Merce Cunningham, Paul Taylor, Donald McKayle, Talley Beatty, and Anna Halprin. Ebook Edition Note: All images have been redacted.

The renowned classic and New York Times bestseller that has transformed the lives of millions of readers, dramatically changing how women and men view relationships. Anger is something we feel. It exists for a reason and always deserves our respect and attention. We all have a right to everything we feel—and certainly our anger is no exception. "Anger is a signal and one worth listening to," writes Dr. Harriet Lerner in her renowned classic that has transformed the lives of millions of readers. While anger deserves our attention and respect, women still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. In this engaging and eminently wise book, Dr. Lerner teaches both women and men to identify the true sources of anger and to use it as a powerful vehicle for creating lasting change. For decades, this book has helped millions of readers learn how to turn their anger into a constructive force for reshaping their lives. With a new introduction by the author, The Dance of Anger is ready to lead the next generation.

Balance your chakras to improve your life, with the powerful 'moving meditation' of Chakradance. If you like the idea of yoga, but not the challenging poses, Chakradance is for you. If you like the idea of meditation, but find it hard to sit still for more than a few minutes, Chakradance is for you. If you know you've got old 'baggage' to release, but find 'talking therapy' too awkward for words, Chakradance is for you. We all want to achieve that wonderful state of 'well-being' in which we feel happier, healthier, more grounded, more balanced, more fully ourselves and more fully alive! With Chakradance, more and more people are finding a way to achieve this. Our chakras are our energy centers (subtle, invisible, but essential to life), that hold mind, body and spirit together. The practice of Chakradance activates, tunes and balances your chakras, to improve your life. Eastern philosophies have long known about the dynamic inter-relationship of mind, body and spirit, and the West, thanks partly to advances in the field of neuro-science, is quickly catching up ... hence the growth of yoga, of mindfulness, and a whole new world of "well-being" practices. In this book, Chakradance(TM) founder Natalie Southgate explains how this gentle yet powerful 'moving meditation' practice actually works, including examples and stories from her own life and the lives of Chakradancers all over the world. She demonstrates how working with your chakras, using music, movement and mandalas, can help you discover a deeper connection to your true authentic self, leading you to the most wonderful feeling of vibrant well-being. The book also includes links to downloadable chakra-specific music tracks and guided meditations so you can try it for yourself.

If the Dance Floor Is Empty, Change the Song

Platforms for Change

Dancing Across Borders

Dancing Bears

Dance in a World of Change

A Woman's Guide to Courageous Acts of Change in Key Relationships

Turning Pointe

"Co-leadership...is a tough-minded strategy that will unleash the hidden talent in any enterprise. Above all, co-leadership is inclusive, not exclusive. It celebrates those who do the real work, not just a few charismatic often isolated leaders who are regally compensated for articulating the organization's vision." -David A. Heenan and Warren Bennis Today's heads of big companies are as recognizable to us as the most popular entertainers or sports stars, but the heart and soul of every organization are those leaders below the CEO. Today's celebrity CEO has become either a figure head or an egomaniac, and often too public a personality to get the real work done. That work is done instead by teams of leaders-exceptional deputies who forge great partnerships to maximize both organizational and personal success. Heenan and Bennis believe we must look beyond the Bill Gateses of the world to understand what makes an organization excel. Written for CEOs, managers, and anyone else interested in modern organizations, this is the first comprehensive study of co-leaders and their often quiet power. Exhaustively researched and illustrated with memorable anecdotes and lively stories, Co-Leaders examines a dozen great partners such as Steve Ballmer of Microsoft, Bob Lutz of Chrysler, Bill Guthridge, coach of the University of North Carolina basketball team, and Anne Sullivan Macy, Helen Keller's teacher. The changing nature of corporate leadership has seen the emergence of a new Silicon Valley model of success, where boss and subordinate seem more like peers with the spotlight on great partnerships. Talent, not title, is the source of power at a growing number of hot high-tech companies. In these collegial, non-hierarchical organizations, today's deputy can become tomorrow's CEO simply by taking his or her breakthrough idea and walking out the door. Good ideas belong, initially at least, to the people who have them, not to the company and not to the boss which is why this new egalitarianism isn't just a matter of style-it's a question of survival. Co-leaders know both the executive and subordinate experience, making them better adapted to the needs of the new millennium where men and women who can command and follow will prove to be the greatest assets of any organization. Co-Leaders is intended for everyone who aspires to make his or her organization great. By showing the enterprise through the eyes of inspired deputies, this book reveals how both organizations and individuals can benefit from a more inclusive, less celebrity-oriented definition of leadership. This groundbreaking book argues for a new paradigm: gifted leaders and their talented co-leaders working together to make their organizations stronger, more nimble, more equitable...and ultimately more successful. David A. Heenan is a trustee of the Estate of James Campbell, one of the nation's largest landowners with assets valued at over \$2 billion. A former senior executive with Citicorp and Jardine Matheson, Heenan has served on the faculties of the Wharton School and the Columbia Graduate School of Business. A Wharton Ph.D., he is the author of The New Corporate Frontier and The Re-United States of America, and his articles have appeared in the Harvard Business Review, The Wall Street Journal, and The New York Times. Warren Bennis is Distinguished Professor of Business Administration at the University of Southern California and a consultant to multinational companies and governments throughout the world. Often referred to as "the guru of modern management," he is one of the preeminent authorities on leadership. Author of over a dozen books, including the best-sellers Leaders and On Becoming a Leader, Bennis's insights have fundamentally shaped the way we think about leaders today.

Most successful leaders know that leadership is an art, not a science. They recognize that beyond all the sophisticated systems and theories, the strategies and tactics, leadership is ultimately about intangible things such as timing, intuition, and passion This book shows how successful leaders can master the artistic aspects of their work. It guides readers to the ways that the leadership can be practiced and learned. "The Dance of Leadership" explores the art of leadership by examining the perspectives, training, and insights of artists, most particularly in the fields of music and dance. The authors look at how these people learn their craft, practice their skills, and attain mastery of their art. Then they adapt these lessons from the arts to the experiences of successful leaders in all fields. This book incorporates in-depth interviews with some of the world's premier artists and writers, as well as dozens of leader business, government, the military, and sports. The result is a book that celebrates the art of leadership - but an art that can learned, developed, and practiced.

A more abundant life is within your reach. Join Jess Connolly as she casts a fresh vision for how to break free of cheap grace and empty rule-keeping and change the world rather than be changed by it. Grace is always good news, but it's not cheap. True grace compels us to change, and that's where holiness comes in. Jess Connolly--beloved writer, speaker, business coach, coauthor of Wild and Free, and author of You Are the Girl for the Job--will be the first to admit that not long ago, like many women, she embraced God's grace, but found herself forgetting holiness altogether. Dance, Stand, Run charts Jess's discovery that holiness was never meant to be a shaming reminder of what we "should" do, but rather a profound privilege of becoming more like Christ. In Dance, Stand, Run, Jess shares the truth that changed her life and her faith forever: once we've gripped the grace that Jesus has given us by faith and planted our feet on his holy ground, we become ambassadors of life, hope, truth, and love. Jess will give you the encouragement you need to finally: Claim your identity as a holy daughter of God Live out your holy influence with confidence before a watching world Discover your true purpose Dance, Stand, Run is an invitation to God's daughters to step into the movements of abundant life: dancing in grace, standing firm in holiness, and running on mission.

This is an enhanced ebook with a read-along function. In 1935, a nine-year-old boy's family held a forbidden Potlatch in faraway Kingcome Inlet. Wat'l'kina slipped from his bed to bear witness. In the Big House masked figures danced by firelight to the beat of the drum. And there, he saw a figure he knew. Aboriginal elder Alfred Scow and award-winning author Andrea Spalding collaborate to tell the story, to tell the secret of the dance.

African Dance and Diaspora Communities

Move Your Chakras, Change Your Life

How Children Change Your Life

The Dance of Innovation

The Surprising Science to Being Smarter, Stronger, Happier

Hot Feet and Social Change

A Woman's Guide to Changing the Patterns of Intimate Relationships

Reflections on Globalization and Cultural Difference

Using dance anthropology to illuminate the values and attitudes embodied in rumba, Yvonne Daniel explores the surprising relationship between dance and the profound, complex changes in contemporary Cuba. From the barrio and streets to the theatre and stage, rumba has emerged as an important medium, contributing to national goals, reinforcing Caribbean solidarity, and promoting international prestige. Since the Revolution of 1959, rumba has celebrated national identity and cultural heritage, and embodied an official commitment to new values. Once a lower-class recreational dance, rumba has become a symbol of egalitarian efforts in postrevolutionary Cuba. The professionalization of performers, organization of performance spaces, and proliferation of performance opportunities have prompted new paradigms and altered previous understandings of rumba.

Senge's best-selling *The Fifth Discipline* led *Business Week* to dub him the "new guru" of the corporate world; here he offers executives a step-by-step guide to building "learning organizations" of their own.

"The first critical study of Kathak dance within the discourses of the modern and the global, tracing the arc of two centuries of Kathak: the colonial nautch dance, classical Kathak under nationalism and postcolonialism and 'innovation' and 'new directions' under transnationalism and globalization. It blends various approaches from anthropology, ethnomusicology, and performance, media and gender studies to map the journey of Kathak from baijis and tawaifs to the global stage. The book uses dance as a lens to explore the interaction between the actors and forces of cultural change from power and patronage to television and film."--BOOK JACKET.

A cultural history of the 1960s cites the period's impact on such major corporations as Shell Oil and General Foods, and profiles the individuals who sought to apply democratic ideals to business

Who Says Elephants Can't Dance?

Strategies and Tools for Building a Learning Organization

Dance to Your Own Tune

Dance and Social Change in Contemporary Cuba

True Stories of People Nostalgic for Life Under Tyranny

Integrating Dance Theory and Methods into the Study of Management

The Mindful Use of Love and Power in Human Systems

Secret of the Dance Read-Along

As heard on NPR's All Things Considered "Utterly original." "The New York Times Book Review "Mixing bold journalism with bolder allegories, Mr. Szablowski teaches us with witty persistence that we must desire freedom rather than simply expect it." Timothy Snyder, New York Times bestselling author of *On Tyranny* and *The Road to Unfreedom* An incisive, humorous, and heartbreaking account of people in formerly Communist countries holding fast to their former lives, by the acclaimed author of *How to Feed a Dictator* For hundreds of years, Bulgarian Gypsies trained bears to dance, welcoming them into their families and taking them on the road to perform. In the early 2000s, with the fall of Communism, they were forced to release the bears into a wildlife refuge. But even today, whenever the bears see a human, they still get up on their hind legs to dance. In the tradition of Ryszard Kapuściński, award-winning Polish journalist Witold Szablowski uncovers remarkable stories of people throughout Eastern Europe and in Cuba who, like Bulgaria's dancing bears, are now free but who seem nostalgic for the time when they were not. His on-the-ground reporting of smuggling a car into Ukraine, hitchhiking through Kosovo as it declares independence, arguing with Stalin-adoring tour guides at the Stalin Museum, sleeping in London's Victoria Station alongside a homeless woman from Poland, and giving taxi rides to Cubans fearing for the life of Fidel Castro provides a fascinating portrait of social and economic upheaval and a lesson in the challenges of freedom and the seductions of authoritarian rule. From the Introduction: "[Guys with wacky hair who promise a great deal have been springing up in our part of the world like mushrooms after rain. And people go running after them, like bears after their keepers. . . . Fear of a changing world, and longing for someone . . . who will promise that life will be the same as it was in the past, are not confined to Regime-Change Land. In half the West, empty promises are made, wrapped in shiny paper like candy. And for this candy, people are happy to get up on their hind legs and dance.]

It takes a graveyard to raise a child. Nobody Owens, known as Bod, is a normal boy. He would be completely normal if he didn't live in a graveyard, being raised by ghosts, with a guardian who belongs to neither the world of the living nor the dead. There are adventures in the graveyard for a boy: an ancient Indigo Man, a gateway to the abandoned city of ghouls, the strange and terrible Sleer. But if Bod leaves the graveyard, he will be in danger from the man Jack who has already killed Bod's family.

"But, we've always done it that way." This is a warning sign, a symptom of impending disaster for any organization. Shackled, like powerful elephants, to the past, organizations rob themselves of the ingenuity required to meet new competitive challenges and escape the "re" dimension trap of "re-engineering, re-organization and re-structuring that concentrate on short term fixes rather than long term solutions. Teaching the Elephant to Dance is a practical, hands-on guide for creating the right change in any organization, large or small, corporate or governmental, manufacturing or service based. Filled with illuminating case studies, it shows how to devise new corporate visions and strategies... how to overcome inertia .. and how to form labor-management partnerships. Clear, authoritative, practical and inspiring, Teaching the Elephant to Dance provides a step-by-step guide for making the impossible happen.

The founder of the Dance Psychology Lab, Dr. Peter Lovatt, reveals the surprising cognitive and emotional benefits of dancing and prescriptive ways to dance yourself happy. Dancing isn't just good exercise. Surrendering yourself to the beat can have a far-reaching impact on all areas of your life. It can help you communicate better, to think more creatively, and can be a powerful catalyst for change. Losing yourself in the moment to a song or piece of music can also alleviate anxiety, depression, and feelings of isolation, Dr. Peter Lovatt has found. Drawing on great stories from dance history as well as fascinating case studies from his Dance Psychology Lab and his own life, Dr Lovatt shares his best steps and routines, as well as top dance anthems to inspire everyone—even those who believe they can't dance! To turn the music on, stand up, and dance themselves happy. The Dance Cure is filled with surprising prescriptions covering a variety of needs, revealing how a particular type of dance can help. Looking to become more empathetic? Pair up for a Scottish country dance Eager to enhance your creativity? Shake it up with contemporary dance Need to de-stress? Let loose with punk-era pogo Looking to prolong your life? Zumba is the secret In need of showing yourself more love? Go solo as you trip the light fantastic. Want to bolster your self-confidence? Try ballet and belly dance. An irresistible blend of science and whimsy, The Dance Cure shows you how to turn the beat and your life around.

The Graveyard Book