

Misty Copeland

A debut picture book by an American Ballet Theatre soloist follows the experiences of an insecure young girl who the author encourages to believe in herself and achieve her dreams through hard work and dedication.

The celebrated ballerina and role model shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

Profiles the life and career of the professional ballerina, covering from when 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.

Pirouette across the stage and get to know Misty Copeland—the first African-American woman to become a principal ballerina with the American Ballet Theater—in this fascinating, nonfiction Level 3 Ready-to-Read, part of a new series of biographies about people "you should meet." Misty Copeland had always dreamed of becoming a dancer, but she had many obstacles to overcome before she could reach her dream. Although she was always challenged by the things that set her apart from other dancers, with a lot of hard work, dedication, and exceptional talent, Misty has become one of the most well-known dancers in America. On June 30, 2015 Misty stepped on stage as the first female African-American principal dancer for the American Ballet Theater and made history! A special section at the back of the book includes extras on subjects like history and math, plus a fun timeline filled with interesting trivia facts about dance. With the You Should Meet series, learning about historical figures has never been so fascinating!

Groundbreaking Dancer

I Can Read Fearless Girls #2: Misty Copeland

Ballerina

Ballet Star

When I Grow Up

Misty Copeland is the first-ever African-American to become a principal dancer in the American Ballet Theatre. Watch along with Ruby and her sister Jasmine as Misty dances in The Nutcracker!

From New York Times bestselling and award-winning author and American Ballet Theatre principal dancer Misty Copeland comes an illustrated nonfiction collection celebrating dancers of color who have influenced her on and off the stage. As a young girl living in a motel with her mother and her five siblings, Misty Copeland didn't have a lot of exposure to ballet or prominent dancers. She was sixteen when she saw a black ballerina on a magazine cover for the first time. The experience emboldened Misty and told her that she wasn't alone—and her dream wasn't impossible. In the years since, Misty has only learned more about the trailblazing women who made her own success possible by pushing back against repression and racism with their talent and tenacity. Misty brings these women's stories to a new generation of readers and gives them the recognition they deserve. With an introduction from Misty about the legacy these women have had on dance and on her career itself, this book delves into the lives and careers of women of color who fundamentally changed the landscape of American ballet from the early 20th century to today.

As the first African American woman to become a principal dancer for a major ballet company, Misty Copeland has broken barriers in the world of dance. Biography fans will learn about Copeland's rise from challenging circumstances to premier ballerina, including her childhood, her early dance lessons, and difficulties she overcame. Fast facts and intriguing sidebars teach students about Misty Copeland's influences, her perseverance, and the ways she is giving back to underserved communities today.

If you can see it, you can be it! Introduce your child to powerful feminist role models with this series of inspirational board books. It's never too early to introduce your child to the people you admire!

This board book distills American ballet dancer Misty Copeland's excellent qualities into an eminently shareable read-aloud text with graphic, eye-catching illustrations. Each spread highlights an important trait, and is enhanced by a quote from Misty herself. Kids will grow up hearing the words of this powerful, determined woman and will learn what YOU value in a person! The I LOOK UP TO... series aims to shed a spotlight on women making a difference in the world today, and to encourage young kids to follow in their footsteps! Look for other books in the series about Michelle Obama, Ruth Bader Ginsburg, Serena Williams, Malala Yousafzai, and Oprah Winfrey!

Power and Grace

A Guided Journal for Discovering the Fire in You

How to Look at Ballet

The Nutcracker and the Four Realms: The Dance of the Realms

Ballet Dancer

Misty Copeland is one of the most famous dancers in the world. But before she was dancing for millions of fans, Misty was just a young girl who loved ballet, even though she didn't look like the typical ballerina. Learn how she made it all the way to the top in this exciting level 3 biography!

Misty Copeland is probably the most famous ballerina in the world. She didn't begin dancing until age thirteen, but she quickly surpassed all her peers to be declared a prodigy. Her hard work and talent have landed her the career of a lifetime. Through engaging text and quotes from the dancer, readers will learn about Copeland's life, hardships, and accomplishments. Full-color photos from throughout Copeland's life will give readers insight into the dancer's personal life and career. The glossary helps readers learn new vocabulary, while Further Reading encourages deeper exploration into the world of dance.

Misty Copeland jumped and twirled her way to the top. But the American Ballet Theatre's first female African American

principal dancer didn't start her ballet journey until the late age of 13. Find out how more about Misty's journey from a challenging childhood to life under the spotlight as a groundbreaking dancer.

A distinguished dance critic offers an enchanting introduction to the art of ballet As much as we may enjoy Swan Lake or The Nutcracker, for many of us ballet is a foreign language. It communicates through movement, not words, and its history lies almost entirely abroad--in Russia, Italy, and France. In Celestial Bodies, dance critic Laura Jacobs makes the foreign familiar, providing a lively, poetic, and uniquely accessible introduction to the world of classical dance. Combining history, interviews with dancers, technical definitions, descriptions of performances, and personal stories, Jacobs offers an intimate and passionate guide to watching ballet and understanding the central elements of choreography. Beautifully written and elegantly illustrated with original drawings, Celestial Bodies is essential reading for all lovers of this magnificent art form.

Your Life in Motion

Ballerina Body

My Journey in the Ballet

Celestial Bodies

Black Ballerinas

Themes: Biography, Ballet, Inspiration, Misty Copeland has faced many challenges in her life. From starting dance at a late age and not having a typical dancer's body type to growing up with abuse and poverty, her journey to becoming the American Ballet Theatre's first Black prima ballerina has not been easy. Driven by her passion for dance, Copeland continues inspire change in the world of ballet. Blue Delta Books(tm), a Hi-Lo Books(tm) biography series, tell the stories of people who have changed our world in profound ways. This series features a diverse group of people. Some are more well-known than others, but all deserve to be highlighted for the positive impact they have had. Each Blue Delta Book features full-color images on every page and tells the person's story from childhood throughout their life. These books are sure to inspire young teen readers. Each book is 48 pages long.

Misty Copeland is an author, global volunteer, and principal ballerina. But her path to success was not a straight one. Discover how Copeland used perseverance and talent to achieve her dream.

Power and grace define Misty Copeland—an influential ballet dancer who has broken through difficult barriers to become the first female African-American to be promoted to principal dancer at the American Ballet Theatre. Misty has proven adversity can be conquered by reaching higher and working harder to define what is humanly possible, regardless of the path one chooses to follow their dreams. In Misty's own words, "Finding your power doesn't have to be scary. Instead, it makes you feel in control, strong, and proud." Through the stunning black-and-white photography of Richard Corman and Misty's own words, her inspiring message of hope, strength, and focus speaks to young girls and women. In the introduction, Cindy Bradley, Misty's ballet teacher who discovered and encouraged Misty to develop her talent and follow her heart, gives context to the obstacles and challenges that helped Misty find her power and achieve success. "Misty Copeland is the embodiment of the American dream." – Bill Whitaker, 60 MINUTES

From the first female African American principal dancer in American Ballet Theatre history, Misty Copeland, comes an encouraging guided journal that's inspired by her New York Times bestselling memoir, Life in Motion. Misty Copeland has broken down barriers in the world of dance, becoming the first African American female principal dancer at the American Ballet Theatre. And along the way, she's always used the art of journaling to remember it all. Now, she's sharing her passion for writing with you! Featuring prompts, quizzes, motivational quotes, and more, Your Life in Motion—inspired by Misty's own experiences—will help young readers live their best lives every day!

The True Story of Misty Copeland

Henry Leutwyler: Misty Copeland

Principal Ballerina

The Art of Movement

A Girl Named Misty

Adversity was the norm for Misty Copeland, but she overcame it all to achieve her dream as Principal Ballerina at the American Ballet Theater--the first African American woman to do so.

A stunning celebration of movement and dance in hundreds of breathtaking photographs by the creative team behind NYC Dance Project. The Art of Movement is an exquisite collection of photographs by well-known dance photographers Ken Browar and Deborah Ory that capture the movement, flow, energy, and grace of many of the most accomplished dancers in the world. Featured are more than 70 dancers from companies including American Ballet Theatre, New York City Ballet, Alvin Ailey American Dance Theater, Martha Graham Dance Company, Boston Ballet, Royal Danish Ballet, The Royal Ballet, Abraham in Motion, and many more. Accompanying the photographs are intimate and inspiring words from the dancers, as well as from choreographers and artistic directors on what dance means to them.

"The A Girl Named series tells the stories of how ordinary American girls grew up to be extraordinary American women. Misty Copeland became the first African American Female Principal Dancer for the American Ballet Theatre, but how did she get there?"--

Chef Colin Murray, bakes biscuits for dogs and kid-friendly recipe.

Making a Difference as a Dancer

Life in Motion

When I Grow Up: Misty Copeland (Scholastic Reader, Level 3)

Bunheads

The Story of Misty Copeland

Misty Copeland is one of America's most famous ballerinas. Learn about how she broke barriers for dancers of color and worked her way to the top!

It isn't very often that late bloomers are called prodigies, but Misty Copeland is an extraordinary case. At the age of 13, she began her formal ballet training, which is considerably later than most children begin ballet. In 2015, Copeland was promoted from soloist to principal at American Ballet Theatre, one of the world's premiere ballet companies. She has written a memoir and a children's book, and starred in the screen adaptation of her memoir. She advocates for inclusivity in the classical ballet world and as well as body positivity for young women.

"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.

Determination meets dance in this middle grade adaptation of the New York Times bestselling memoir by the first African-American principal dancer in American Ballet Theatre history, *Misty Copeland*. As the first African-American principal dancer at the American Ballet Theatre, Misty Copeland has been breaking down all kinds of barriers in the world of dance. But when she first started dancing—at the late age of thirteen—no one would have guessed the shy, underprivileged girl would one day make history in her field. Her road to excellence was not easy—a chaotic home life, with several siblings and a single mother, was a stark contrast to the control and comfort she found on stage. And when her home life and incredible dance promise begin to clash, Misty had to learn to stand up for herself and navigate a complex relationship with her mother, while pursuing her ballet dreams. *Life in Motion* is a story for all the kids who dare to be different, dream bigger, and want to break stereotypes in whatever they do.

Misty Copeland

Dancing Toward Dreams

Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You

Dancing Through It

I Look Up To... Misty Copeland

Help your little one dream big with a Little Golden Book biography all about Misty Copeland, the American Ballet Theatre's first Black principal dancer! The perfect introduction to nonfiction for preschoolers! This Little Golden Book introduces ballet prodigy Misty Copeland to the youngest readers. The first Black principal dancer in the history of the American Ballet Theatre—who didn't start dancing until she was almost thirteen—continues to impress the world and pave the way for young Black girls to chase their dreams. Look for Little Golden Book biographies about these other inspiring people: - Joe Biden - Kamala Harris - Betty White - Frida Kahlo - Dolly Parton - Ruth Bader Ginsburg - Jackie Robinson - Martin Luther King Jr. - George Washington - Abraham Lincoln - Johnny Appleseed

A collaborative portrait of the renowned American ballet dancer Henry Leutwyler is certainly no stranger to the art of ballet—for many years he photographed on stage and behind the scenes at the New York City Ballet, culminating in his book *Ballet*, since published by Steidl in two editions. Yet Misty Copeland pushes Leutwyler's vision into a new direction: neither a strict portrait of the renowned ballerina nor a mere documentation of her exceptional craft, this is an intimate collaboration between photographer and subject that explores the subtleties of Copeland as a performer, person, persona and idol. Born in Kansas City, Missouri, and raised in San Pedro, California, Copeland's biography has all the arc of a fairy tale: she was living in a shabby hotel room, struggling with five siblings for a place to sleep on the floor, when she began ballet studies at the late age of 13. She soon proved a prodigy: within three months of her first class she was dancing en pointe, in just over a year she was performing professionally. In 2015 she became the first African American woman appointed principal dancer at the prestigious American Ballet Theater in the 75 years of its existence. In Copeland's own words: "The path to your success is not as fixed and inflexible as you think." Born in 1961 in Switzerland, Henry Leutwyler moved to Paris in 1985 and established himself there as an editorial photographer. In 1995 he moved to New York City where he lives and works today. His books with Steidl are *Neverland Lost: A Portrait of Michael Jackson* (2010), *Ballet: Photographs of the New York City Ballet* (2012), *Document* (2016), *Hi there!* (2020) and the forthcoming *Philippe Halsman: A Photographer's Life*.

With breathtaking painterly illustrations, a deeply enchanting story, and a foreword written by celebrated dancer Misty Copeland, this picture book brings *The Nutcracker* and *The Four Realms* to life in a brand-new way. As the adventure from the film jumps off of the screen and onto the page, a new generation of readers and fans will be drawn in and enchanted by the holiday spirit, the beauty of dance, and the magic of storytelling.

In her first picture book since the bestselling and award-winning *Firebird*, Misty Copeland tells the story of a young Misty discovering her love for dance through the ballet of *Coppelia*. On her first day of class Misty is absolutely captivated by the narrative of the story and entranced by the dance. Nervous, yet excited, Misty decides to audition for one of the lead roles. As she prepares for the audition and, eventually, the performance, Misty learns to lean on her newfound friends for inspiration and rely on her own can-do spirit to dance her very best. Featuring themes of teamwork, friendship, dedication, and hard work, children everywhere will be inspired to reach for their dreams in Misty's exciting new picture book series, *Bunheads*.

A Biography Book for New Readers

Firebird

My Little Golden Book about Misty Copeland

I Can Read Fearless Girls: Misty Copeland: I Can Read Level 1

First African American Principal Ballerina for the American Ballet Theatre

Through engaging text and dynamic infographics, charts, timelines, photos and levelling control this high interest title discusses the life and impact of the "s-hero" and inspirational ballerina Misty Copeland from her youth to her philanthropic efforts and guidance to young women the world over.

In her debut picture book, Misty Copeland tells the story of a young girl—an every girl—whose confidence is fragile and who is questioning her own ability to reach the heights that Misty has reached. Misty encourages this young girl's faith in herself and shows her exactly how, through hard work and dedication, she too can become *Firebird*. Lyrical and affecting text paired with bold, striking illustrations that are some of Caldecott Honoree Christopher Myers's best work, makes *Firebird* perfect for aspiring ballerinas everywhere.

In 2015, Misty Copeland was named principal ballerina of the American Ballet Theatre, the first African American to earn the title in the ballet company's history. She has danced all over the country, on Broadway, and on television, but she had to break many barriers to do it, including racism and poverty. Through simple text and vivid photos, readers will appreciate Copeland's struggles and will learn about her dedication to promoting diversity in ballet. A Words to Know section helps readers with new vocabulary, and quotations by Copeland shed light on this talented woman.

Discover the life of Misty Copeland—a story about changing the world through dance, for kids ages 6 to 9 Misty Copeland is the first Black female principal dancer for the American Ballet Theatre. Before she made history and became a symbol of change in the world of ballet, she was a determined girl who loved watching gymnastics and dancing on the drill team. She worked hard and overcame many obstacles to fulfill her dream of becoming a great ballerina. This book helps kids explore how Misty went from being a shy young girl growing up in California to a world-famous ballet dancer and a role model to many people. This Misty Copeland book for kids includes: Core curriculum—Kids will learn the Who, What, Where, When, Why, and How of Misty's life so far, and take a quick quiz to test their knowledge. Her lasting change—This

book explains Misty's impact and how she changed the world of ballet for future generations. Short chapters--Brief chapters divide Misty's story into smaller sections that inspire new readers to keep reading. How will Misty's dedication and positive outlook inspire the child in your life?

An Unlikely Ballerina Young Readers Edition

An Unlikely Ballerina

Misty Copeland: Prima Ballerina

Ballerina Misty Copeland Shows a Young Girl how to Dance Like the Firebird

Black Ballerinas My Journey to Our Legacy Simon and Schuster

The first authorized photographic tribute to the prolific and wildly inspiring ballerina, these unique and evocative artful color photographs by the celebrated photographer Gregg Delman, capture Misty's grace and strength, and are much anticipated by the worldwide audience who can't get enough of Misty. This stunning volume of photographs captures the sculpturally exquisite and iconic ballerina. Misty Copeland has single-handedly infused diversity and personality into the insular world of ballet, creating an unexpected resurgence of appreciation within contemporary popular culture. Her story is famously what movies are made of, and in 2015 she became an icon and household name when she became the first African-American female principal dancer in the long and prestigious history of the American Ballet Theatre. Copeland's physique is what sculptures are modeled on, heralding the new physical ideal of strength and athleticism, beauty and grace. Misty Copeland is a collection of gorgeous, artful photographs, taken in many studio visits from 2011 through 2014. Delman's talent for capturing movement is reflected in these images, which range from formal ballet positions to more athletic poses and candid moments, all together building an intimate portrait of Copeland as an athlete, an artist, and a woman. With striking and vibrant color photographs, this incredibly intimate volume is a visual tribute to the brilliant mystique of Misty Copeland, showcasing both her grace and strength.

Young people in dance classes around the world look up to Misty Copeland. She's changed the way people define who can be a successful ballerina, and she's become a vocal ambassador for healthy body image and strengthening support for African Americans in the world of ballet. Readers discover her engaging and empowering story through an age-appropriate narrative that encourages them to use their own unique talents to make a difference in the world. Quote boxes, full-color photographs, and graphic organizers add to this fun and fact-filled look at the life of one of the most famous dancers in the world.

My Journey to Our Legacy