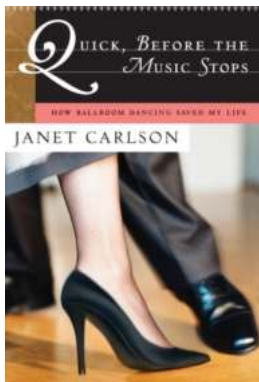


How Ballroom Dancing Saved My Life

Once upon a time, I found myself at the lowest point in my life. I was going through a difficult divorce, struggling with depression, and feeling completely lost. It felt as if the weight of the world was on my shoulders, and I had no idea how to move forward.

However, little did I know that my life was about to take a remarkable turn. One evening, as I scrolled through social media, a video caught my attention - it was a couple gracefully dancing across the ballroom floor. Intrigued by their elegance and synchronized movements, I couldn't help but feel inspired.

Without giving it a second thought, I decided to give ballroom dancing a try, hoping it would provide a much-needed distraction from my troubled mind. Little did I know that this decision would not only distract me but also bring about a transformative change within me.



Quick, Before the Music Stops: How Ballroom Dancing Saved My Life by Janet Carlson (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English
File size : 380 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 272 pages
Screen Reader : Supported



Discovering a New Passion

From the moment I stepped foot in the ballroom dance studio, I was enveloped in an atmosphere of excitement and positivity. The sound of music filled the air, mingling with laughter and encouraging words. It was a world unlike any other - a world that would later become my sanctuary.

As the dance instructor laid out the basic steps, I felt a wave of nerves wash over me. However, something within me pushed me to keep going. Step by step, I began to move to the rhythm of the music, embracing the beauty of each motion.

Weeks turned into months, and before I knew it, I was spending every spare moment practicing and refining my dance skills. The more I danced, the more my love for it grew. It wasn't just a hobby anymore; it became my passion, my lifeline.

Physical and Mental Transformation

Ballroom dancing not only provided me with a newfound passion but also had a profound impact on my physical and mental well-being. The hours spent on the dance floor transformed my body into a lean and toned machine.

With each dance move, I became more agile and flexible. My coordination improved, and my confidence soared. The physical transformation was evident not just to me but to those around me as well. Friends and family couldn't help but notice the radiant glow that had replaced the look of despair on my face.

Moreover, ballroom dancing became an outlet for me to release all my pent-up emotions. With each step, I would let go of any negativity lurking within and instead channel my energy into creating something beautiful. The dance floor became my therapy, and the music became the soundtrack to my healing.

Building Meaningful Connections

One of the most unexpected gifts ballroom dancing brought into my life was the opportunity to build meaningful connections. In the studio, I met a diverse group of people who shared the same passion as I did. We practiced together, encouraged each other, and forged connections that extended beyond the walls of the dance studio.

Through dance competitions and social gatherings, I expanded my circle of friends, encountering people from all walks of life. The beauty of ballroom dancing lies in its ability to bring people together, transcending age, race, and background. I formed bonds with individuals who became my support system and companions on this journey called life.

Rediscovering Myself

As my love for ballroom dancing grew, something remarkable began to unfold within me. I started to rediscover myself - the person I had lost amidst the chaos and heartbreak. Through the intricate movements of the waltz, the fiery energy of the salsa, and the elegant grace of the tango, I found solace.

In the dance studio, I discovered aspects of my personality that had long been dormant. I embraced my creativity, my passion, and my resilience. I learned to take risks, to trust my instincts, and to believe in the power of my own abilities.

No longer defined by my past, I emerged as a new version of myself - stronger, more confident, and ready to face any challenge that came my way.

A Future Filled with Positivity

Today, as I reflect on my journey, I am overwhelmed with gratitude for how ballroom dancing has saved my life. It has given me purpose, reignited my spirit, and allowed me to find joy in the simplest of things.

Ballroom dancing has taught me that no matter how dark the days may seem, there is always light at the end of the tunnel. It has given me the strength to overcome obstacles, to dance through life's challenges, and to always find beauty in the most unexpected places.

So, if you ever find yourself at a crossroads, feeling lost and unsure, remember my story and consider giving ballroom dancing a chance. Who knows? It might just save your life too.



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“I’ve been dancing steadily since that Valentine’s Day. I have taken countless lessons and classes, passed a professional certification exam, done several shows and a competition—yes, dressed in those outrageous gowns and false eyelashes—and then gone back home to the kids, the soccer, the housework, and to work the next day. It hasn’t been easy to make room in the schedule for my passion, but I have done it, because I’m certain now that it is necessary for life. This new period is rich—as rich in some ways as having my two children because it has been a kind of birth—but it has also been extraordinarily painful thanks to the self-examination that dancing has provoked in me. And so, because

of dance, I can say, unequivocally and gratefully, that I am alive at last.”

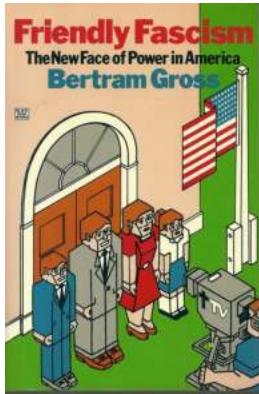
– From Quick, Before the Music Stops

“There is no time for regret in dance. You have only now, this moment, for your performance, your glorious movement. Whatever you’re going to do, do it now, quick, before the music stops.” – Janet Carlson

In her twenties, Janet Carlson was a successful competitive ballroom dancer, but she abandoned dancing to raise a family and pursue a more conventional profession as an editor for a luxury lifestyle magazine. Twenty years later, she seemed to have it all: two beautiful daughters, a glamorous job, and a handsome, talented husband. Despite all of her successes, she felt a terrible void - her marriage was deeply troubled, and she was somehow withdrawn in the very midst of her own life and the lives of her children. Then, one Valentine’s Day, her husband gave her ballroom dancing lessons as a gift, and everything changed. She discovered the joy, passion, and confidence she hadn’t realized had gone missing for so long.

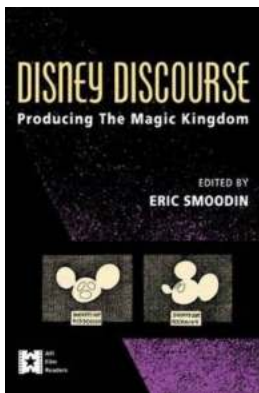
Over time, Janet discovers that ballroom dancing also contains the secrets to life and love: the give-and-take of dance, two bodies in rhythm and harmony, mirrors the reciprocity of human relationships. Total trust between partners is as vital on the dance floor as it is within a marriage. And yet, both partners - in dance and in life - must stand on their own two feet. The unadulterated joy Janet feels as she intuitively moves to the music speaks to the kind of absolute, whole-body happiness we were born to have. On the dance floor, she finds resolve in the waltz, self-confidence in the tango, and passion in nearly everything. Embracing dance once more allows her to let go of a marriage that was completely out of sync; put more heart and emotion into her work; find more time to truly be with her children; and ultimately rejoice in her intrinsic balance and poise.

Told with precision, grace, and painstaking honesty, *Quick, Before the Music Stops* is the tale of one woman's midlife renewal through dance, and how her newfound empowerment transcends the dance floor and becomes immediate and relevant in every aspect of her life. It shows us how to recognize and celebrate both our strengths and our flaws, reignite passion for the everyday, and how to step from the periphery into the light and surrender to the music.



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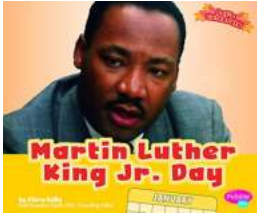
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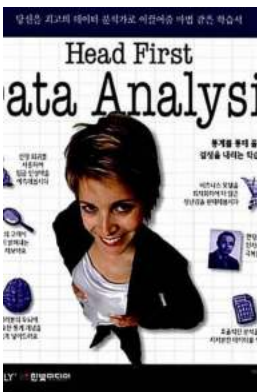
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