

Life Salsa: Life Lessons from the Dance Floor (Paperback)



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Reviews

This type of book is almost everything and helped me hunting forward and more. I was able to comprehended almost everything using this published e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Edwardo Ziemann)

LIFE SALSA: LIFE LESSONS FROM THE DANCE FLOOR (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Salsa is the Spanish word for sauce, often one with a spicy flavour and rich aroma. Salsa also refers to a genre of dance that originated in Cuba and later spread to Puerto Rico and the rest of the Caribbean islands. It s a vibrant, carefree and sensual style of dance, characterised by deep Afro-Cuban beats and additional musical influences from other Latin styles. When I started taking dance classes, I expected to learn how to dance salsa. I didn t expect to discover the numerous parallels between the lessons I was learning on the dance floor and the lessons I was learning in my daily life! As a life coach, it amazed me how basic life and leadership principles came alive through the salsa moves and techniques I was learning. It helped to make these principles dramatically more real, relevant and practical, for myself and my clients. Often my dance instructors would correct and encourage me, or explain a new salsa technique or move. While they were speaking to me on a salsa dancing level, they didn t realise that their words and actions were also challenging me on a whole other level! I m sure they will resonate with you also, and help you move forward and dance through your own life in a new way, with all the skill, confidence, energy and passion of an accomplished salsa dancer. If you re stuck in a rut; at a crossroads in your life; not sure what to do with your life; disappointed because of unfulfilled dreams; feeling stressed, pressured and overwhelmed by life s challenges; afraid of the future or new challenges; or already successful but...



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