



# Thinner, Fitter, Happier: Dancing Will Change Your Life!

*Marian Condon*

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**Thinner, Fitter, Happier: Dancing Will Change Your Life!** Marian Condon

“Do you need a BOOST? Are you in a RUT? Are you up for more FUN? More FRIENDS? Is it time to reconnect with your PARTNER?...or FIND one? YOU OUGHT TO BE DANCING!”

In this upbeat and informative book, writer, dancer and health care professional Dr. Marian Condon promotes dancing as an amazingly healthful and enjoyable form of exercise that transforms lives. Through her own experience, interviews with more than 40 individuals, and research findings, the book presents solid evidence that dancing helps people lose weight, tone up, stand taller and carry themselves with more confidence. The combination of music and movement lifts spirits and banishes blues. The inherent camaraderie and fellowship make even shy and socially anxious dancers feel comfortably at home in their dance communities. Communication and connection between even long-time partners is enhanced. Because of the intense focus required, dancing is also great for the brain - it has been shown to be more effective than any other leisure activity at staving off dementia. Dr. Condon busts the myth that dancing is only for the young, slim and athletic. “If you can WALK,” she writes, “you can DANCE!”

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