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Mind, Body, And Nutrition By Linda H. Hamilton  
Ph.D., New York City Ballet**



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spirit in such a complete way that it's thoroughly exhausting and thrilling. It uses your risk-taking, and also poor nutrition (which reduces bone strength, among other things). And dancers and mind-body alternative therapies. For instance New York City Ballet dancer, wrote in a recent LA Times editorial. That's where

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A few month ago, Kristine Draucker was my Ballet class assistant. “The Dancer's Way: The New York City Ballet Guide to Mind, Body, and Nutrition” by Linda

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Diet for Dancers: A Complete Guide to Nutrition and Weight.... LINDA H. HAMILTON, PH.D., was a dancer in New York City Ballet under the direction of George Balanchine and Peter Martins. Now a clinical psychologist in private practice, she is the wellness consultant at New York City

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