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# Life in Motion: An Unlikely Ballerina

By Misty Copeland



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## Life in Motion: An Unlikely Ballerina By Misty Copeland

Determination meets dance in this memoir by the history-making ballerina.

In this instant *New York Times* bestseller, Misty Copeland makes history, telling the story of her journey to become the first African-American principal ballerina at the prestigious American Ballet Theatre. But when she first placed her hands on the barre at an after-school community center, no one expected the undersized, underprivileged, and anxious thirteen-year-old to become one of America's most groundbreaking dancers. A true prodigy, she was attempting in months roles that take most dancers years to master. But when Misty became caught between the control and comfort she found in the world of ballet and the harsh realities of her own life, she had to choose to embrace both her identity and her dreams, and find the courage to be one of a kind.

With an insider's passion, Misty opens a window into the life of an artist who lives life center stage, from behind the scenes at her first classes to her triumphant roles in some of the world's most iconic ballets. A sensational memoir as "sensitive" and "clear-eyed" (*The Washington Post*) as her dancing, *Life in Motion* is a story of passion, identity and grace for anyone who has dared to dream of a different life.



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## Life in Motion: An Unlikely Ballerina By Misty Copeland Bibliography

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### Editorial Review

From [Booklist](#)

**\*Starred Review\*** If you'd asked Copeland, soloist for the American Ballet Theatre, when she was a young African American teenager about her vision of the future, she would probably have said that the only thing less likely than her writing a memoir was her becoming a world-class ballerina. But when a teacher encouraged 13-year-old Misty to take ballet at the Boys and Girls Club of Los Angeles, she discovered a hidden talent. Her natural flexibility and grace had her on pointe within two months, something other ballerinas work years to achieve. She was offered lead roles before finishing high school. Her professional success is impressive, but it's not what makes her memoir such an unexpected page-turner. After all, we already know Copeland will overcome racial and socioeconomic bias to claim her spotlight. What keeps us reading is Copeland's intelligent, fair, and warm voice. She speaks with candor about having to lose her luscious curves and cover herself with white makeup to look more acceptable on stage, but she never places blame on those who asked her to do so. Her story is an inspiration to anyone—man or woman, black or white—who has ever chased a dream against the odds, and the grace with which she triumphs is an example for us all. --Amber Peckham

Unknown

An unexpected page-turner...Her story is an inspiration to anyone—man or woman, black or white—who has ever chased a dream against the odds, and the grace with which she triumphs is an example for us all. (Booklist (starred review))

Engaging... [Copeland is] a poised, intelligent writer whose temperament—disciplined, determined, driven—gives the book a special spark... In *LIFE IN MOTION*, she looks back on the past without bitterness or anger, only gratitude. Hers is an out-of-the-ordinary story about defying stereotypes, and she shares it in an inspiring narrative that's enlivened by her own grace and generous spirit. (BookPage)

"Remarkable." (Juicy Magazine)

Instead of rags to riches, Copeland goes from baggy shorts to leotards as she navigates the whitewashed world of ballet. (Library Journal)

It's no wonder Misty Copeland is a role model for countless aspiring ballerinas. (Dance Spirit Magazine )

Reads as a modern day Cinderella story...this memoir is an inspirational read—especially for aspiring dancers. (JET Magazine)

Wrenching and revelatory. (The New York Times)

An unexpected page-turner...Her story is an inspiration to anyone—man or woman, black or white—who has ever chased a dream against the odds, and the grace with which she triumphs is an example for us all. (Booklist (starred review))

Thorough, sensitive...clear-eyed. (The Washington Post)

[A] dramatic rags-to-toe shoes life story. (People)

Engaging... [Copeland is] a poised, intelligent writer whose temperament—disciplined, determined, driven—gives the book a special spark... In *LIFE IN MOTION*, she looks back on the past without bitterness or anger, only gratitude. Hers is an out-of-the-ordinary story about defying stereotypes, and she shares it in an inspiring narrative that's enlivened by her own grace and generous spirit. (BookPage)

Captivating...heartrending...literary. (Lisa Jo Sagolla The Kansas City Star)

Remarkable. (Juicy Magazine)

Misty's unwavering belief that we can be anything that we dream is an inspiration – an inspiration to break the mold, follow your passion, never take no for an answer and do it all with grace, kindness and the spirit to help others on their journey. I am thrilled that my two daughters have a role model in Misty, who is breaking down doors that that they will never have to. (Rachel Roy )

A raw, honest tale....Her memoir is filled with passion, pain, success, and...pure joy. (Ebony.com)

Reads as a modern day Cinderella story...this memoir is an inspirational read—especially for aspiring dancers. (JET Magazine)

Misty Copeland, a ballerina of extraordinary talent and charisma, offers an autobiography as mesmerizing as her dancing. She overcame adversity in the studio, in her home life, and in ballet's own traditionalism to become one of its brightest stars — her passion and perseverance will inspire dancers and non-dancers alike. (Eliza Minden, author of *The Ballet Companion* and Co-Founder and Head of Design at dancewear company Gaynor Minden, Inc. )

[Misty Copeland's] book is a breezy read for such deep subject matter, but her beautiful and prevailing spirit shines through on every page. (The Inlander)

Instead of rags to riches, Copeland goes from baggy shorts to leotards as she navigates the whitewashed world of ballet. (Library Journal)

Reading her memoir...it becomes even more apparent how this 31-year-old woman has parlayed her natural talent along with an uber intense discipline, passion and focus, into a stellar career. (The NWI Times)

Misty Copeland's *LIFE IN MOTION* is an inspiration to all young people. She is the Jackie Robinson of the ballet world, and a true role model for an entire generation of new ballerinas. (Frank Sanchez, Vice President, Boys & Girls Clubs of America )

[*LIFE IN MOTION*] is the stuff of which movies are made. (Chicago Sun-Times)

What a remarkable, encouraging story. Written naturally, modestly, and conversationally...[readers will] feel her triumphs and tragedies, wincing whenever she falls and cheering her on every time she gets back up....Brava, Misty. (Bildungsroman)

It's no wonder Misty Copeland is a role model for countless aspiring ballerinas. (Dance Spirit Magazine )

A tale of hardship and remarkable success. (Los Angeles Magazine)

A poignant primer proving the power of perseverance in the face of adversity. (The LA Sentinel)

An important book for teen collections. (Angela Carstensen School Library Journal)

Told in graceful prose...[Copeland's] achievements will encourage all those attempting to beat the odds in competitive fields. (Publishers Weekly)

A page-turner...fascinating and emotional. (The Philadelphia Enquirer)

[Parts] the curtain on the ballet's central illusion: that it is empowering for the female dancers at its centre. Providing a behind-the-scenes look at the glory and gore of ballet...you find yourself rooting for her. (Deidre Kelly The Globe and Mail (Canada))

A wonderful read. (Jia Tolentino The Hairpin)

Captivating...heartrending...literary. (Lisa Jo Sagolla The Kansas City Star)

[LIFE IN MOTION] is the stuff of which movies are made. (Chicago Sun-Times)

A page-turner...fascinating and emotional. (The Philadelphia Enquirer)

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A gift to all balletomanes, not just the brown ones. (Esther Cepeda )

She embodies both fearlessness and femininity, reflecting the life of contradictions and obstacles over which she's leapt so beautifully. If ever a solo ballerina was poised to become a household name, it's now. (Yahoo! )

"Although ballet fans never lack for darlings, rarely does a dancer become an old-fashioned star...her path to becoming a star ballerina has been as dramatic, unlikely, and hinged on coincidence as the plots of most ballets." (Rivka Galchen The New Yorker)

The story Copeland tells about her rise to ballet glory is compelling and inspirational. (Seattle Times)

## Review

"An unexpected page-turner. . . . Her story is an inspiration to anyone-man or woman, black or white-who has ever chased a dream against the odds, and the grace with which she triumphs is an example for us all." --  
-Booklist Starred Review

## Users Review

### From reader reviews:

#### Marie Aultman:

Hey guys, do you really wants to finds a new book to learn? May be the book with the title Life in Motion: An Unlikely Ballerina suitable to you? Typically the book was written by famous writer in this era. The particular book untitled Life in Motion: An Unlikely Ballerina is the one of several books which everyone

read now. This particular book was inspired many men and women in the world. When you read this publication you will enter the new dimension that you ever know ahead of. The author explained their thought in the simple way, and so all of people can easily to recognise the core of this e-book. This book will give you a great deal of information about this world now. To help you to see the represented of the world on this book.

#### **Patricia Whitmore:**

Reading a book can be one of a lot of action that everyone in the world really likes. Do you like reading book consequently. There are a lot of reasons why people enjoy it. First reading a guide will give you a lot of new data. When you read a publication you will get new information since book is one of a number of ways to share the information or perhaps their idea. Second, studying a book will make you more imaginative. When you reading a book especially fictional works book the author will bring you to definitely imagine the story how the figures do it anything. Third, you can share your knowledge to other individuals. When you read this *Life in Motion: An Unlikely Ballerina*, you could tells your family, friends and soon about yours publication. Your knowledge can inspire average, make them reading a guide.

#### **Irvin Ehlers:**

Why? Because this *Life in Motion: An Unlikely Ballerina* is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who have write the book in such awesome way makes the content on the inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking way. So , still want to hesitate having that book? If I had been you I will go to the e-book store hurriedly.

#### **Claire Davis:**

Is it an individual who having spare time in that case spend it whole day by watching television programs or just resting on the bed? Do you need something new? This *Life in Motion: An Unlikely Ballerina* can be the answer, oh how comes? A fresh book you know. You are therefore out of date, spending your spare time by reading in this new era is common not a geek activity. So what these publications have than the others?

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