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Forwardness: Next Year Is Your Best Year

Twyla Tharp

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Twyla Tharp : Forwardness: Next Year Is Your Best Year before purchasing it in order to gage whether or not it would be worth my time, and all praised Forwardness: Next Year Is Your Best Year:

Award winning dancer, choreographer and best-selling author Twyla Tharp shares her secrets for maintaining mental and physical agility in this groundbreaking, always entertaining book. Forwardness is the new mindfulness. Now seventy-three, Twyla Tharp is revered not only for the dances she creates for Broadway, the American Ballet Theater, the New York City Ballet and others--but for her astounding regimen of exercise and engagement. She is famed for

religiously hitting the gym at daybreak, undergoing rigorous exercises with her trainer and utilizing those drills to propel her breakneck schedule as a teacher, creator and lecturer. In *Forwardness*, Tharp explores the variety of steps anyone can take to forestall the aging process, and more important, to convince one's own mind that it is truly only as old as it feels. Drawing on a variety of physical techniques, mental acuity exercises and spiritual tricks of the psyche, *Forwardness* will prove to be as innovative and novel as its creator.

About the Author Twyla Tharp is an American choreographer and dancer, having choreographed more than one hundred sixty dances in the last fifty years. She has choreographed for the American Ballet Theatre, the New York City Ballet, and the Paris Opera Ballet. She has choreographed numerous films, including *Hairspray* and *Amadeus*, and her work has steadily appeared on Broadway since 1980. The recipient of two Emmy Awards and a Tony Award, Tharp lives in New York City and continues to choreograph and lecture around the world.