



Karen Bond (Ed.)

# Dance and the Quality of Life

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This is the first volume devoted to the topic of dance and quality of life. Thirty-one chapters illuminate dance in relation to singular and overlapping themes of nature, philosophy, spirituality, religion, life span, learning, love, family, teaching, creativity, ability, socio-cultural identity, politics and change, sex and gender, wellbeing, and more. With contributions from a multi-generational group of artists, community workers, educators, philosophers, researchers, students and health professionals, this volume presents a thoughtful, expansive-yet-focused, and nuanced discussion of dance's contribution to human life. The volume will interest dance specialists, quality of life researchers, and anyone interested in exploring dance's contribution to quality of living and being.

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