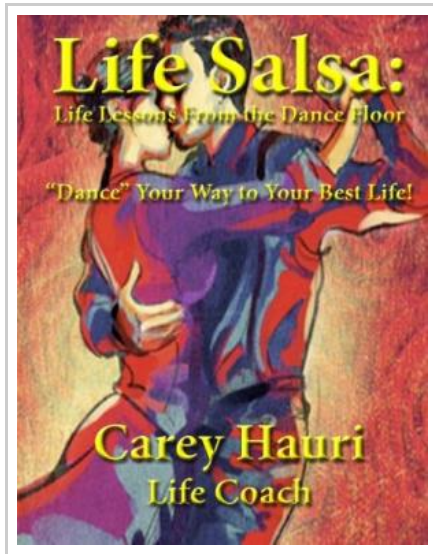



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Life Salsa: Life Lessons from the Dance Floor

By Carey Hauri

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Salsa is the Spanish word for sauce, often one with a spicy flavour and rich aroma. Salsa also refers to a genre of dance that originated in Cuba and later spread to Puerto Rico and the rest of the Caribbean islands. It s a vibrant, carefree and sensual style of dance, characterised by deep Afro-Cuban beats and additional musical influences from other Latin styles. When I started taking dance classes, I expected to learn how to dance salsa. I didn t expect to discover the numerous parallels between the lessons I was learning on the dance floor and the lessons I was learning in my daily life! As a life coach, it amazed me how basic life and leadership principles came alive through the salsa moves and techniques I was learning. It helped to make these principles dramatically more real, relevant and practical, for myself and my clients. Often my dance instructors would correct and encourage me, or explain a new salsa technique or move. While they were speaking to me on a salsa dancing level, they...



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