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Becoming Ginger Rogers: How Ballroom Dancing Made Me a Happier Woman, Better Partner, and Smarter CEO

Patrice Tanaka

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What brings you joy?

"To devote yourself to the creation and enjoyment of beauty, then, can be serious business—not always necessarily a means of escaping reality, but sometimes a means of holding on to the real when everything else is flaking away." ~ Elizabeth Gilbert, Eat, Pray, Love

My femininity, creativity, and optimism had been flaking away, especially since 9/11. When I was dancing, I felt real and complete again. ~ Becoming Ginger Rogers, Chapter 4, "Samba Girl"

If you've spent most of your life pursuing your career, raising your family, and/or caring for loved ones who may be ill or infirmed, your own needs may have been neglected in the process.

Becoming Ginger Rogers is the story of one woman's inspiring and uplifting journey to reclaim her life during the dispiriting days of New York City in the aftermath of 9/11, the unraveling of a successful business she co-founded with a dozen colleagues, and the death of her beloved husband after a long illness. Patrice Tanaka shares her very personal story of how at age 50 she started ballroom dance lessons to satisfy a lifelong dream of dancing like Ginger Rogers and, in so doing, found her way to unimaginable joy.

Becoming Ginger Rogers is, in part, a memoir of a young Japanese-American girl born and raised in Hawaii who fulfilled her dream of career success in Manhattan; it's a voyeuristic glimpse into the world of competitive ballroom dancing; and it's a business book about the lessons learned from ballroom dancing that made Patrice a better partner and a smarter CEO.

In this book, you will learn:

• How to reclaim, re-energize and re-excite yourself about your own life
• How to "reschedule yourself" back into your own life as the first step toward reclaiming your life
• How lessons learned in ballroom dance such as the importance of being fully present—mind, body and spirit—have applications beyond the ballroom floor in helping you achieve greater success in your personal and professional life
• How learning to be a good follower can be a winning strategy for business
• How visualizing your dreams is the way to manifest them
• How living every moment of your life in a way that is fulfilling in and of itself, and not dependent on some future you may not have, is the best way to live and to be prepared to die even if you have little advance warning like the nearly 3,000 people who perished on 9/11

Becoming Ginger Rogers shows us how we can revitalize ourselves even after years of woeful neglect so that our most exciting and joy-filled days are ahead of us. Plus it pulls back the curtain on ballroom dancing in a fun, educational way. Be transported to the world of Ginger Rogers and Fred Astaire.

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George Privette:

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