

FOR IMMEDIATE RELEASE

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AN UPLIFTING MEMOIR OF RENEWAL AND SELF-DISCOVERY THAT
EXPLORES THE MAGIC OF BALLROOM DANCING AND ITS POWER TO BRING
GRACE, BALANCE, AND PASSION INTO EVERYDAY LIFE.

Quick, Before the Music Stops

How Ballroom Dancing Saved My Life
By Janet Carlson

“How gratifying to read a book that uses dancing as a metaphor for life and shows how it inspires the steps forward that every woman needs to take. This riveting personal story is guaranteed to help anyone find their center and balance. Brava Janet!”

—Evelyn Lauder

In her twenties, Janet Carlson was a successful competitive ballroom dancer, but she abandoned dancing to pursue a more conventional career as an editor of a luxury lifestyle magazine. Twenty years later, Janet seemed to have it all: two beautiful young daughters, a glamorous job, a charming house, and a long-standing marriage with a talented photographer. But appearances aside, Janet was utterly lost. She was going through the motions, while inside she felt numb. Until one Valentine’s Day when her husband gave her the gift that would change everything: ballroom dancing lessons.

Back in the dance studio after twenty years, it takes Janet just one spin around the floor to find her footing again. From that moment on Janet’s weekly lessons remind her that dance is vital for her happiness, self-confidence, and peace of mind. On the dance floor, she finds release in the waltz, strength in the tango, and passion in nearly everything. Janet also realizes that in dance, as in life, there will always be a few missteps – the trick is how you recover. Returning to the ballroom allows Janet to let go of a marriage that was completely out of synch, put more heart and emotion into her work, be more fully present and joyful with her children, and ultimately re-embrace the balance and grace that had been missing from her life for so long.

QUICK, BEFORE THE MUSIC STOPS: *How Ballroom Dancing Saved My Life* (Broadway Books; July 8, 2008; Hardcover; \$19.95) is the story of how one woman danced her way back into happiness. Exuberant, heartfelt, and refreshingly honest, Janet’s tale will inspire women everywhere

to reignite their lives and rediscover their passions. It echoes what ballet master George Balanchine famously used to command his dancers: “Now! What are you saving it for? Do it now!”

About the Author

JANET CARLSON is the Beauty & Health Director of *Town & Country* magazine. She has twenty-eight years of experience in magazine editing and writing and has previously worked at *Self* magazine and *European Travel & Life*. She currently blogs for the Huffington Post Living section, and has written articles for O, the Oprah Magazine, Redbook, Elle and Departures, among other publications.

Carlson began ballroom dancing during her college years at Yale University, where she majored in American history. After graduating, she competed around the country for seven years. She then stopped dancing to pursue her career in magazines. Twenty years later, in 2001, Carlson returned to the dance floor, and entered the Manhattan Dancesport competition later that year, winning seven first places out of ten dances in the Latin division. Carlson now studies with Darius Mosteika at the Fred Astaire Westside studio in New York City, and with Dmitri Ostashkin of New York Dance Studio in Ardsley, NY. She lives in Westchester County, New York, with her two daughters.

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How Ballroom Dancing Saved My Life

By Janet Carlson

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