

Of a different calibre is **Dance Medicine in Practice** by **Liane Simmel** (from henschel-verlag.de). Here one is treated with respect, here the dancer is really spoken to, here reverence is used in dealing with your body. With tips and tricks for prevention of injuries, this book also shows how to apply important first aid in the dance studio. The book is in hardback, so that it will withstand the strain it will receive there. The book introduces the reader to the dancer's anatomy in an easily understandable manner. Perhaps the doctor would not find the information on the pelvis, hips, knees, and feet so complete, but a dancer would. Stress, nutrition, and psyche are treated without a reproach, because you can only love what you understand: your own body, which you want to trust and which sends signals you should not ignore. Liane Simmel's book is something we do not claim often: an authoritative work. It should be in every doctor's library, on every dancer's night table, especially if that dancer wants to continue dancing for a while. There are also tips for those who are easing off on training because they are stopping dancing. It is not only the author who expects that her book should be a true friend for the dancer until the bitter end.