

FOR IMMEDIATE RELEASE

A Dancer’s Memoir that Anyone with a Day Job Can Relate To

Kara Tatelbaum does many things – she’s a dancer, Pilates instructor, and a Wellness + Resilience Coach, and she wants to tell you that you should dream big!

[Van Alstyne, TX] -- [April 26, 2022] – Motina Books Publishing is releasing *Putting My Heels Down...a memoir of having a dream and a day job*, the debut written work by Kara Tatelbaum.

Ever since she was a small girl, Tatelbaum dreamed of being a professional dancer. She attended prestigious schools including Tisch at NYU and the Conservatory of Dance at Purchase College. But because of physical limitations and numerous surgeries, her dance career was cut short. She began a career as the “Pilates instructor with an attitude.”

What started as a “Pilates tell-all” book (what those high-end clients are really like) soon became a memoir that urges readers to dream bigger. Tatelbaum wants readers to keep reaching, even if goals are not achieved within particular timeframes and aren’t necessarily what was expected.

“I fought against doubt, physical pain, and all the discouragement. In fact, this fueled me to reach for even higher goals,” says Tatelbaum. “I want to encourage readers to ground themselves as they continue to dream big. We decide how to define ourselves. I am a dancer for life. No one can take that identity away from me. Even if I never perform or choreograph again.”

Putting My Heels Down has received favorable reviews from *Kirkus Reviews* and big names in and out of the dance industry including Gavin Larsen (“...fascinating, hilarious, frank, unflinching and unapologetic tale of what it means to be a creative spirit trying to make your way through a world with roadblocks at every turn...”) and renowned spiritual teacher/author Don Miguel Ruiz (“Well written, entertaining, and poignant”).

Tatelbaum conducted a pre-launch event for the dance program at Skidmore College that was very well-received. She plans to hold more events at universities, high schools, and dance schools.

Putting My Heels Down is available on April 29, 2022, which happens to be International Dance Day, everywhere books are sold.

About the Author

Described by the *New Yorker* as “having brown curls, bright eyes, kiddish exuberance and looking like the heroine of a children’s book, *Really Rosie* meets *Olivia the Pig*,” Kara Tatelbaum brings full-out dancer energy to all of her endeavors. She tries like hell not to pigeon-hole herself —striving for a life of authenticity, grace, and humor. As a sought-after Certified Wellness + Resilience Coach and teacher, Kara empowers others to hold on, let go, realize, and expand their own dreams.

You can find her spotlight center-stage or cheering from the audience. Turns out she’s comfortable both places. Kara lives in NYC with her husband and two children. (Half of that sentence is still a total shock!) Follow @karatatelbaum on Instagram and at www.KaraTatelbaum.com.

Contact Information:

Diane Windsor, Publisher, Motina Books, LLC

303-668-0440

www.MotinaBooks.com

Diane@MotinaBooks.com

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