



# Why Tango: Essays on learning, dancing and living tango argentino (Volume 1)

*Veronica Toumanova*

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**Why Tango: Essays on learning, dancing and living tango argentino (Volume 1)** Veronica Toumanova  
If you are interested in Argentine tango you know that, as Veronica writes in one of her essays, "Tango, no matter your involvement in it, becomes a kind of a world separate from the rest, with its own particular joys, sorrows, difficulties, rules, goals and pleasures." And in this world there are both happiness and suffering. Whether you are a total beginner or an experienced dancer, in Veronica's essays you will discover a rich source of knowledge and inspiration as she tackles complex psychological, social and pedagogical issues in tango as a social dance and a performing art. Her essays offer a profound and well articulated reflection on the contemporary tango scene, supported by insights from psychology, neuroscience, biomechanics and bodymind techniques. What is the most effective way of learning tango? Why do we suffer so much while trying to learn it? How to stay happy and healthy while engaging intensively in this activity? Why does tango bring us so much joy and how to cultivate this joy no matter your age, looks and physical capacities? These are just some of the questions the author touches upon in this book that includes her first nineteen essays written between November 2013 and December 2014. Her essays, published as a blog on her Facebook page, are shared by tango people all over the world and translated into 14 languages so far by enthusiast volunteers.

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