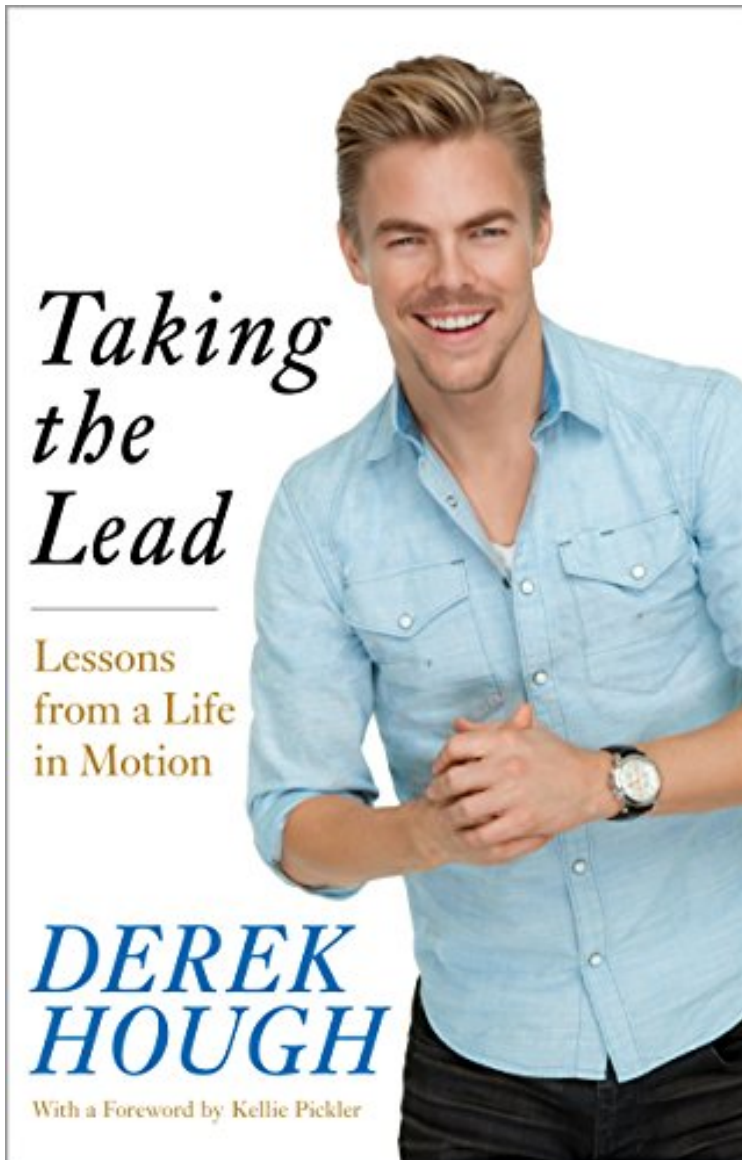


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Taking the Lead: Lessons from a Life in Motion



Par Derek Hough
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Description :

Prsentation de l'diteurDerek Hough, the dashing Emmy Award-winning fan favorite, and only five-time champion of the hit ABC reality show Dancing With the Stars, tells the inspiring story of his life and career, and shares insider tips of how he transforms his celebrity dance partners into confident, charismatic champions.For eleven seasons, millions of people have tuned in to Dancing with the Stars to watch Derek Hough, the talented, consummate competitor whose skill and commitment have made him the shows all-time champion. Whether hes dancing with an Olympic gold medalist, an internationally renowned recording

star, or a celebrated actress, Derek instills in each of his celebrity partners a deep passion, respect for hard work, and an irrepressible joie de vie spirit. Now, for the first time ever, Derek opens up about his life and the lessons he's learned on and off the dance floor, revealing how he went from bullied boy to ballroom boss. He details how his experiences have taught him to embrace a positive outlook, and shares the insights he's gained working with celebrity partners, along with never-before-told, behind-the-scenes stories from the show. Throughout, Derek spills the real secrets of learning to dance: connection, respect, and cooperative commitment—and demonstrates how he draws on the lessons of dance and competition to embrace and overcome the daily challenges we all face.

Présentation de l'auteur Derek Hough, the dashing Emmy Award-winning fan favorite, and only five-time champion of the hit ABC reality show *Dancing With the Stars*, tells the inspiring story of his life and career, and shares insider tips of how he transforms his celebrity dance partners into confident, charismatic champions. For eleven seasons, millions of people have tuned in to *Dancing with the Stars* to watch Derek Hough, the talented, consummate competitor whose skill and commitment have made him the show's all-time champion. Whether he's dancing with an Olympic gold medalist, an internationally renowned recording star, or a celebrated actress, Derek instills in each of his celebrity partners a deep passion, respect for hard work, and an irrepressible joie de vie spirit. Now, for the first time ever, Derek opens up about his life and the lessons he's learned on and off the dance floor, revealing how he went from bullied boy to ballroom boss. He details how his experiences have taught him to embrace a positive outlook, and shares the insights he's gained working with celebrity partners, along with never-before-told, behind-the-scenes stories from the show. Throughout, Derek spills the real secrets of learning to dance: connection, respect, and cooperative commitment—and demonstrates how he draws on the lessons of dance and competition to embrace and overcome the daily challenges we all face.

Quatrième de couverture Sometimes I've taken home the trophy, sometimes I've stumbled or tripped over my own feet. But every move I've made has shaped me into the person I am today. Season after season, millions of fans tune into *Dancing with the Stars* to watch Derek Hough, the talented, consummate competitor whose skill and commitment have made him the show's all-time champion. Whether he's dancing with an Olympic gold medalist, an internationally renowned recording star, or a celebrated actress, Derek has an undeniable talent for bringing out the best in his partners. He does more than just tutor them in the fox-trot and paso doble—he teaches them how to see beyond their limits and realize their true potential. Now, for the first time ever, Derek opens up about his transformation from bullied little boy to accomplished performer and coach who lets nothing—and no one—stand in his way. In *Taking the Lead* he details how his experiences have taught him to embrace a positive outlook, channel his creativity and drive, and face his fears head-on. From his early training in London beginning at the age of twelve, to grueling dance competitions around the world, to never-before-told stories from behind the scenes of *Dancing with the Stars*, Derek writes with honesty and insight about his extraordinary journey. And in sharing his own story, he shows all of us how we can take charge of pursuing our goals, overcome obstacles, and become winners—not just on the dance floor but in life.