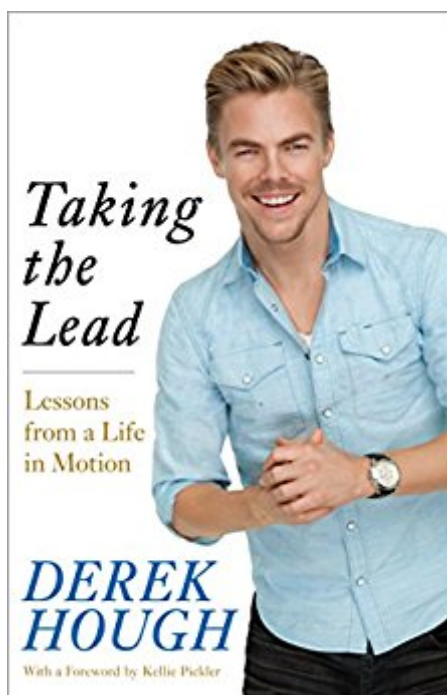


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# Taking The Lead: Lessons From A Life In Motion



## Synopsis

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.

## Book Information

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## Customer Reviews

DWTS fans who have enjoyed watching Derek Hough mature as a choreographer and dance instructor will love learning more about his background and escapades with Mark Ballas. Every chapter ends with life lessons he's learned from the experiences shared in the chapter. It's a quick read, and it inspired me to make some changes of my own.

I could not put this book down!!! It was as if Derek was in my living room talking to me! The honesty, love of dance, and the passion for life is wonderful. He encourages all of us to set goals, reach for the stars and never stop dancing!! A must read!

if you are a DWTS fan you will love this book - taking a look a Derek's road to being a dancer. With insights from significant players in his life, including past partners it was a good read. I didn't want to put it down. It also includes his suggestions for becoming the best person you can be and examples of how he and his partners dealt with difficult times.

This is a very honest look at Derek Hough's life. Wonderful descriptions and stories of experiences! I have watched DWTS since season one. He is my favorite choreographer & pro, so this was like a sweet treat!

Derek shares some of the things he has learned in his busy young life about how to push through the bad times and keep going to reach your goals. His life has very much been one of motion, as a dancer and in his many other pursuits and he recommends this active lifestyle to perk up your morale and lead you to becoming a better, more successful person. Each chapter ends with the lessons learned summarized for you to take something away from it to your own life. I'm not sure how much of his very positive message I can incorporate in my own life which is many miles further down the road than his. But I very much admire how he lives his life and wish him all the success in the world with it.

Appreciated the small inside scoops about DWTS, along with some good life lessons. Would have

given a 5 if he hadn't made Utah (mostly Orem), out to be full of bullies and a hick town that will get you nowhere. Look at all the Utahans on DWTS and they didn't need to move to England to get where they are today. Nevertheless, it was a good read.

An inspirational Read from a very real and inspiring man. Derek Hough should travel and continue to spread the words of love and kindness. He has an astounding awareness and is a giving and talented person. There should be more Derek Houghs in the world. It would be a better place for it! Read this and allow this young man to teach you the ways of older wisdom merely by the extraordinary way he approaches life.

I thought this would be a autobiography entailing various aspects of his life but there was a lot of "preaching" in there on how to live life that I just skipped through. Save your money>

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