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Nota di contenuto	Cover; Half Title; Title Page; Copyright Page; Dedication; Table of Contents; List of Plates; Foreword; Preface; 1. Nrta. Natya. Nrtya.; 2. The Spiritual and the Performer; 3. Rhythm Divine; 4. On The Other Side; 5. The 'Play' of Life; 6. The Guru-Shishya; 7. Bharatanatyam: The Ultimate Remedy; 8. Intangible Ananda: Music, Dance and Drama; Annexure; Glossary; Bibliography; About the Authors; Index
Sommario/riassunto	Presenting an alternative perspective, this book proposes that performing arts forge an emotional bond between the performer and the audience, making the act of performance a therapeutic and restorative experience, and not merely recreational. Studying the life-experiences of six artists, and their unique engagement with three art forms - music, drama and dance - the book highlights the physical, emotional, mental, and spiritual effects of performing arts both on the performers and the audience. More importantly, it takes the current understanding of the therapeutic role of arts beyond a defici