

# **Pilates For Life By Darcy Bussell**

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An autobiographical picture book of her ballet career titled 'Darcey Bussell' was released Personal life . In 1997, Bussell married Australian businessman

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the British ballerina Darcy Bussell is a great advocate of Pilates and has written a book extolling its virtues ( Pilates for Life by Darcy Bussell,

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