A Newton-Okounkov body is a convex body in Euclidean space associated to a pseudo-effective $(1,1)$ class. The convex geometry of a Newton-Okounkov body encodes information about the geometry of the manifold and the $(1,1)$ class. We will describe how to contract Newton-Okounkov bodies, some of their known properties and their application to geometry. If time permits, I will discuss some open problems in the subject. (Received January 27, 2019)