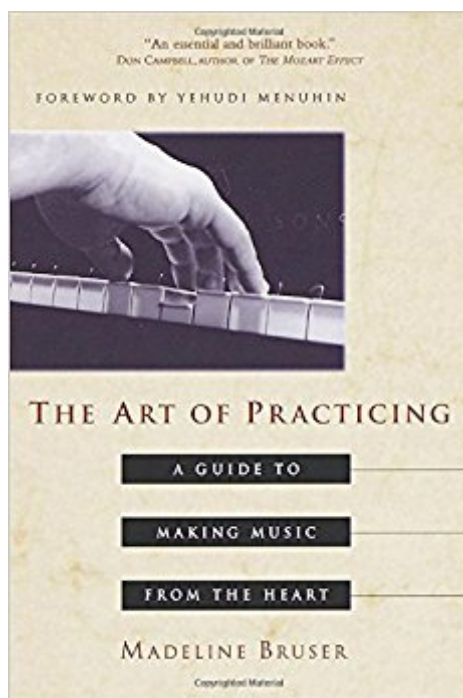


The book was found

The Art Of Practicing: A Guide To Making Music From The Heart



Synopsis

This landmark book enlightens amateur and professional musicians about a way of practicing that transforms a sometimes frustrating, monotonous, and overly strenuous labor into an exhilarating and rewarding experience. Acclaimed pianist and teacher Madeline Bruser combines physiological and meditative principles to help musicians release physical and mental tension and unleash their innate musical talent. She offers practical techniques for cultivating free and natural movement, a keen enjoyment of sounds and sensations, a clear and relaxed mind, and an open heart and she explains how to Prepare the body and mind to practice with ease Understand the effect of posture on flexibility and expressiveness Make efficient use of the hands and arms Employ listening techniques to improve coordination Increase the range of color and dynamics by using less effort Cultivate rhythmic vitality Perform with confidence, warmth, and freedom Photographs show essential points of posture and movement for a variety of instruments.

Book Information

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Customer Reviews

In an attempt to address the basic aspects of practicing and interpreting, this book includes both the physical and the spiritual. Instructions are given for stretching exercises to relax and flex the body and for meditation to prepare the mind, often addressing both physical and interpretive problems through a combination of both approaches. The bulk of the instructions are for pianists; here the author feels confident and speaks in her own voice. For other instruments and voice she relies, unquestioningly, on the opinions of others. The format is straightforward instruction combined with

I'm just starting learning piano. I'm 53. Did play a couple instruments in school band. I'm extremely impressed with this book. Even though she is highly trained. Knows much. Works with many highly trained musicians and singers. The book is very straight forward. Unpretentious. Loads of info. This book is so good. It motivated me to give up on teaching myself, and go find a really good teacher. Some might not like talk of yoga, and meditation. Why do you think so many people run marathons? It's the meditation. There is nothing wrong with meditation. Yoga is the fountain of youth. Things like this are not any kind of mysticism. It is good common horse sense. It's what good observant minds have put together to make life better. She has a good understanding of physiology. Uses that to explain to you why incorrect technique is bad. Also how correct technique results in you playing better. I'm impressed with this book. Highly suggested to anyone who performs.

This book addresses all facets of music-making: physical, spiritual, intellectual, and encourages instrumentalists to express themselves and enjoy performing.

Beautifully written. A must read for any musician and music teacher. I will read it over and over again.

Perfect condition.

This book help you form a life - time good practicing behavior.

I use this book for all new student curriculum. It is a necessity.

The book has an amazing approach towards music making once you start you cannot stop, It makes you feel as if it was tailor just for you not anyone else in world but you.

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