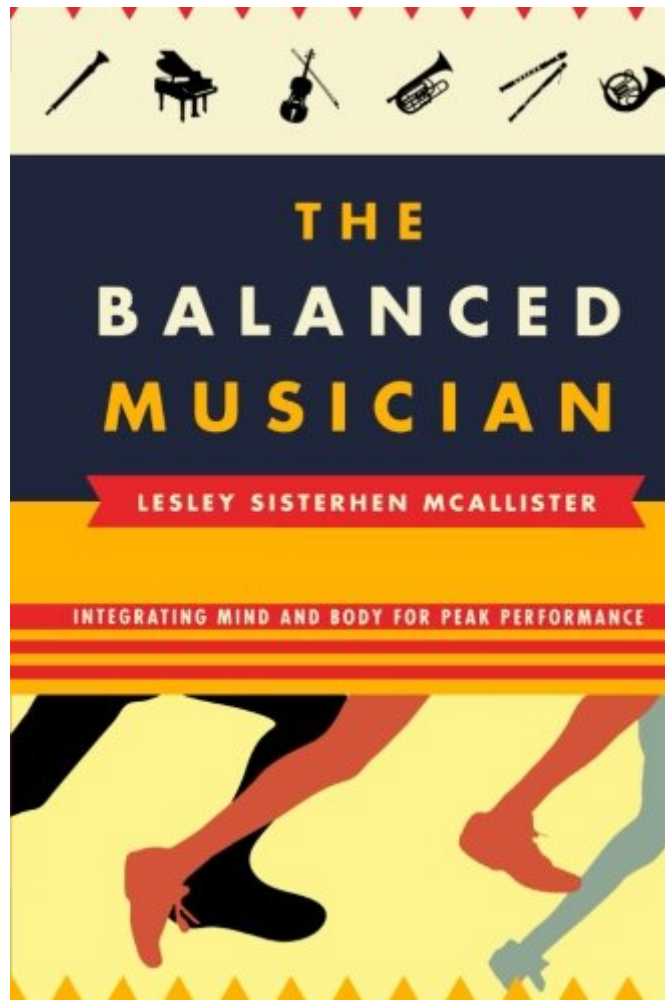


The Balanced Musician: Integrating Mind and Body for Peak Performance PDF



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The Balanced Musician: Integrating Mind and Body for Peak Performance by Lesley Sisterhen McAllister ISBN 0810882930

For musicians to attain the level of peak performance that they know is within their reach, they need to do more than spend time in the practice room. The most accomplished and healthiest musicians lead a balanced and satisfying life in which they place equal emphasis on three areas of musicianship: physical technique (body); analysis and knowledge (mind); and musicianship and creativity (soul). By integrating all of the parts of this triangle, you can learn to communicate creatively and with seeming effortlessness during performance. Organized into four main parts, this book first explores the mind-body connection and then separately discusses the mind, body, and soul of musicians, scholars, performers, and teachers of all voices and instruments.

By delving into research literature in both sport psychology and music, you will learn to use mental rehearsal and imagery away from your instrument and deliberate practice at your instrument. You will also learn such relaxation techniques as meditation, centering, stretching, and deep breathing. Drawing on findings from scientific studies, particularly in the area of sports medicine, McAllister offers practical tools for your practice, performances, and daily routine. By learning these techniques, you will also find enhanced confidence, concentration, endurance, and control over your own music-making.

With terms, questions for reflection, and assignments at the end of each chapter, this book may be used as a textbook for a course or as a supplement to music lessons. Both novice and experienced performers alike will learn ways to meet career demands and reach their full potential. Appendixes at the end of the book contain worksheets, scripts, questionnaires, self-evaluation forms, and journal entries that help you to individualize your work. Every musician who spends countless hours practicing deserves to learn these techniques, which will forever change the way you approach both practice and performance.

The Balanced Musician: Integrating Mind and Body for Peak Performance Review

This The Balanced Musician: Integrating Mind and Body for Peak Performance book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Balanced Musician: Integrating Mind and Body for Peak Performance without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Balanced Musician: Integrating Mind and Body for Peak Performance can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Balanced Musician: Integrating Mind and Body for Peak Performance having great arrangement in word and layout, so you will not really feel uninterested in reading.