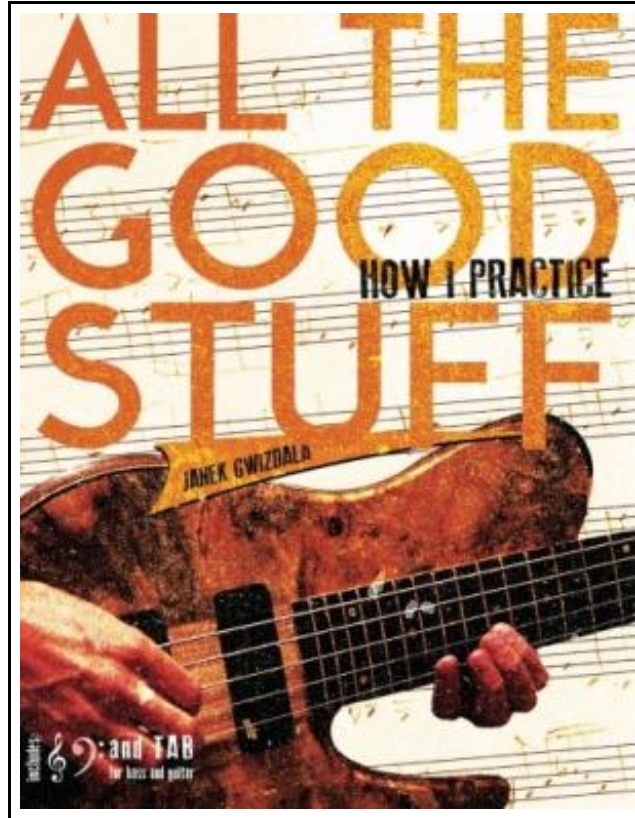


All the Good Stuff: How I Practice by Janek Gwizdala



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ALL THE GOOD STUFF: HOW I PRACTICE BY JANEK GWIZDALA



Createspace, United States, 2014. Paperback. Book Condition: New. Jesse Hayes (illustrator). 272 x 206 mm. Language: English . Brand New Book ***** Print on Demand *****.For over almost 20 years, London-born U.S.-based bass player, producer, and educator Janek Gwizdala has successfully maintained high-profile careers as a world renowned bandleader/recording artist, educator/clinician, and musical director/sideman for some of the most respected names in the music industry, including Randy Brecker, Hiram Bullock, Mike Stern, John Mayer, Airtio Moreira, Chuck Loeb, Peter Erskine, Flora Purim, Pat Metheny, Marcus Miller, Jojo Mayer, Paul Shaffer and Wayne Krantz. With six albums to his name, a successful website [videobasslessons.tv], top-flight gear endorsements, and an acclaimed book, You re a musician. Now what?, Janek is at the vanguard of 21st century bass. In this power-packed follow-up, Janek shares the secrets of the carefully crafted practice regime that enables him to get the most out of his instrument, his hands, and his ears. Filled with hard-earned tips on getting focused, prioritizing, stay inspired, building vocabulary, making the material your own, pacing, rejuvenating basic ideas, and finding solutions to musical problems - and illustrated with over 25 musical templates to get you started - All The Good Stuff is guaranteed to change the way you practice and help you reach your highest potential.



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