

The Balanced Musician Integrating Mind And Body For Peak Performance

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The Balanced Musician Integrating Mind

A significant and major contribution to the literature on mind and body awareness in music performance! With The Balanced Musician, Lesley McAllister offers a comprehensive, logical, and highly informative book that should take its place as the major work to date in this area. It should serve well piano teachers, instrument and voice faculty ...

The Balanced Musician: Integrating Mind and Body for Peak ...

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McAllister, Lesley Sisterhen. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Balanced Musician: Integrating Mind and Body for Peak Performance.

The Balanced Musician: Integrating Mind and Body for Peak ...

Overview. 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).

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The Balanced Musician: Integrating Mind and Body for Peak ...

In The Balanced Musician, she not only explores theories behind this important mind/body connection but provides the musician reader with valuable and practical practice techniques and advice for achieving such a balanced approach to learning and to performing. This book is an invaluable addition to every teacher's bookshelf, as well!

The Balanced Musician : Integrating Mind and Body for Peak ...

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scholars, performers, and The Balanced Musician: Integrating Mind and Body for Peak Performance of all voices and instruments. By delving into research literature in both sport psychology and

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music, you will learn to use mental rehearsal and imagery away from your instrument and deliberate practice at your instrument.

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