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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, general music instructors, college and university music majors, and professional performers—in fact, anyone seeking a healthy approach, mentally and ...

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

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 ...

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Lanham, Md. : Scarecrow Press, 2013. ...

The balanced musician : : integrating mind and body for

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Musicians have acknowledged the importance of understanding the body/mind connection in staying healthy and its vital role in being able to enjoy a lifetime of effortless and joyful music-making. More recently, musicians are recognizing that focusing on the “whole” person is crucial to realizing their musical potential and helping their students maximize their innate abilities as performers.

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