

# The Balanced Musician: Integrating Mind And Body For Peak Performance - Lesley Sisterhen Mcallister

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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. 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. Author: McAllister, Lesley Sisterhen Publisher: Scarecrow Press Illustration: N Language: ENG Title: The Balanced Musician: Integrating Mind and Body for Peak Performance Pages: 00356 (Encrypted EPUB) / 00356 (Encrypted PDF) On Sale: 2012-11-08 SKU-13/ISBN: 9780810882935 Lib Category: Music - Performance - Psychological aspects Category: Music : Instruction & Study - Exercises Category: Music : Instruction & Study - Techniques Category: Health & Fitness : Reference

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