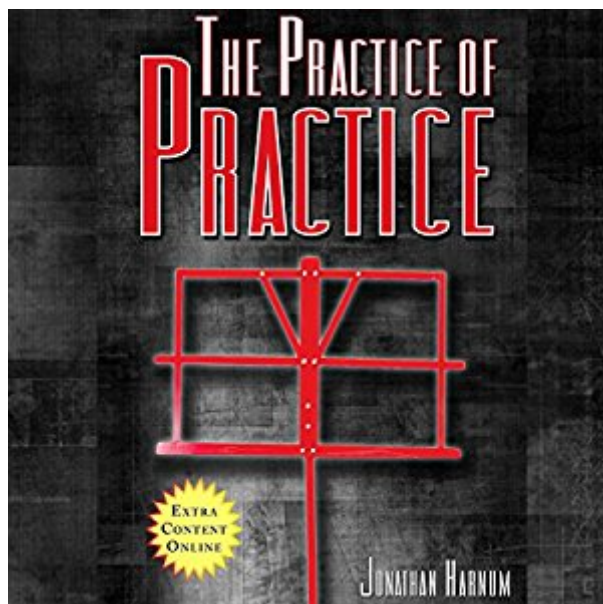


The book was found

The Practice Of Practice: Get Better Faster



Synopsis

Talent means nothing when it comes to getting better. Practice is everything. But exactly what is good practice? How does good practice create talent? The focus of this book is music practice, but these techniques and mindsets can be applied to any skill you want to improve. The Practice of Practice covers essential practice strategies and mindsets you won't find in any other book. You'll learn what research tells us about practice, but more importantly, you'll learn how great musicians in many genres of music think about practice, and you'll learn the strategies and techniques they use to improve. This book will help you get better faster, whether you play rock, Bach, or any other kind of music. It will also help you be a more informed teacher or a more effective parent of a young learner. Don't practice longer, practice smarter.

Book Information

Audible Audio Edition

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Customer Reviews

Practice of Practice by Jonathan Harnum is a tour de force on the subject of how, when, why and if not, really how, musicians actually practice. The book is full of quotes and ideas from master musicians from Leo Kottke to concert masters to pop divas. The 40 chapters are each short and to the point. The extensions at the end of each chapter give access to excellent resources and performances. Jonathan draws from neuroanatomy, learning theories, experts, his own experience, giving us a wonderful collection of anecdotes, theories, approaches, techniques, and approaches to practice. Jonathan is encyclopedic, without being pedantic, informative but entertaining is his writing. If you have heard a concept or approach applied to practice, or the theory behind learning theory, Jonathan, anticipating, has included it for our education and improvement in our personal

practice. There are even suggestions for guerrilla practice and for quick tricks. Jonathan is not a big fan of practice rooms, nor of long hours of scales and arpeggios. His suggestions vary from alternating half and full speed to get passages up to speed, to chaining and back chaining to memorize, to short burst practice sessions called guerrilla sessions, to group participation. He recommends trying out the many ideas and selecting those which work for each student. It's a very refreshing approach to an age old problem, solving the mystery of how to get students to practice. Jonathan feels practice should be fun intriguing the student to partake. The book is very well written and edited. The images are few but fill out the text they relate to very well. The notes are at the end of each chapter and while not huge in number are very large in interest and applicability.

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