

Practice Secrets Of The Pros Motivation Method And Memory For Musicians And Other Athletes English Edition By Alexa Weber Morales

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In 2010, Grammy-winning latin jazz singer-songwriter Alexa Weber Morales began a quest for pragmatic, inspiring advice about musical mastery. She interviewed experts, researched the techniques of memory champions and dove into the spiritual aspects of creativity. The result is this book, a concise-yet-well-researched guide to three things no one ever taught her: 1. How to find the motivation to fuel the effort and overcome obstacles as you break through your prior plateaus. 2. How to use highly effective methods of learning and cycle continuously between performance and practice. 3. How to tap vast realms of your own memory to store and access relevant musical information without depending on technology, fake books, lyrics or other crutches. It's great to feed your mind, if you're so inclined. Even wiser is to practice! Alexa did the reading and research so you don't have to (and you're in qualified hands — along with being a musician, she has been a freelance writer and magazine editor for over 15 years). Put these words to use! And please feel free to use this review space here on Amazon to share how you are applying the practice secrets of the pros to your own adventures in mastery. "This book is good food for thought, very well written and many will learn from it." —Hal Galper, jazz pianist, composer, arranger, bandleader, educator and writer www.halgalper.com "This is definitely your book! What I like about it (besides the writing being quite good) is that whatever you're discussing, your own sheer determination comes through loudly. I've always been impressed by your determination and fearlessness and pragmatism in terms of reaching your goals. That certainly is apparent in the book despite whatever problems you describe." —Jake Jacobs, bandleader, salsa dance teacher, international man of mystery www.salsabyjake.com

Always practice in a safe environment keep in mind to do the exercises without forcing them gradually build up and d

Practice secrets of the pros motivation method and memory for musicia, at the best implementers change programs can count on having enough people with the skills and motivation required to manage a fast moving and often ambiguous set of challenges rather than looking only to people who happen to be available these anizations fill pivotal , 9 tips to conducting accurate qualitative research by ayat shukairy 54 there is a science in the way that you ask and how you ask it the method to use and what they think they want .

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