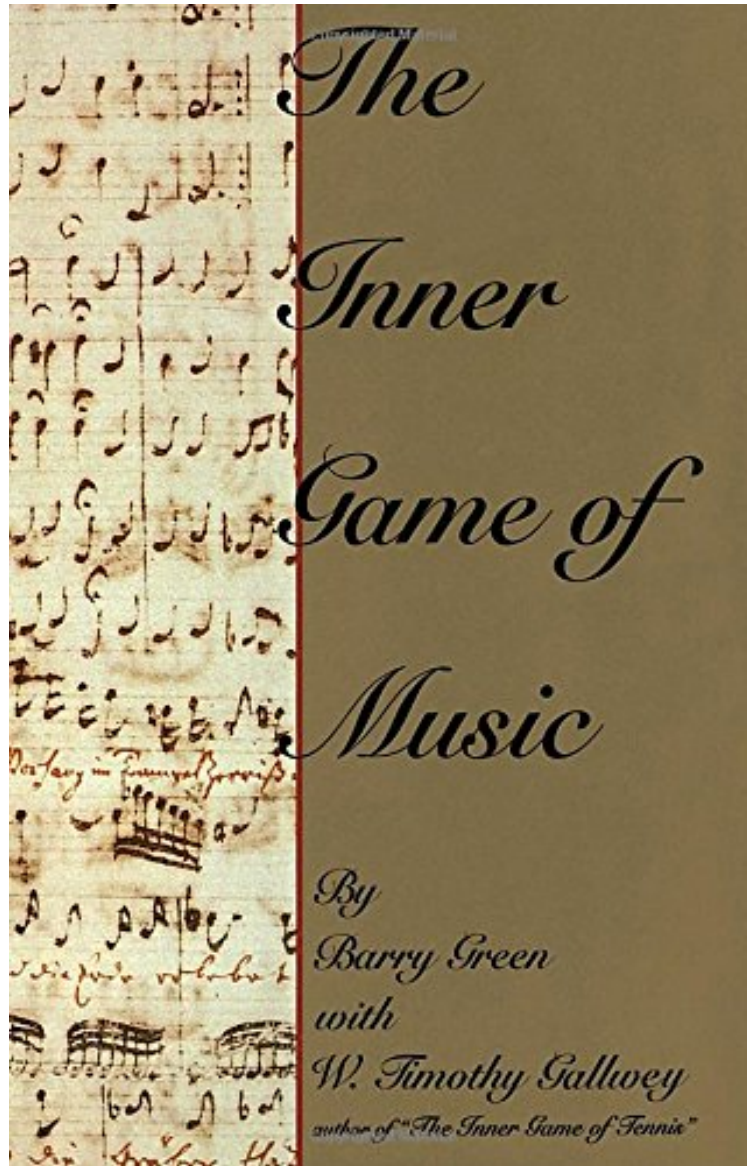


(Download) The Inner Game of Music

## The Inner Game of Music

Barry Green, W. Timothy Gallwey  
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**Barry Green, W. Timothy Gallwey : The Inner Game of Music** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Inner Game of Music:

0 of 0 people found the following review helpful. Self 2 freedom from self 1 disciplineBy Josiah AstonI really enjoyed this book and its discussion of self 1, with all of its doubts and fears, and self 2, the uninhibited part of us that we need to allow to take over in difficult situations. Intuition is key, and we can enjoy and create much more fluidly if we allow ourselves to follow those deeper feelings without letting logic destroy the moment. Nevertheless, I felt the book was

mostly appropriate for professional musicians, and not so much amateurs or beginners. The terminology was often beyond what I would expect a beginner to understand, and many beginners are often unable to let self 2 take over because they have never brought themselves to a level of self 1 discipline to learn the piece thoroughly enough that they can allow self 2 to emerge. Perhaps this book will help them though. 2 of 2 people found the following review helpful. Stop criticizing yourself during performances; let go into the music and trust yourself! By songbird EXCELLENT reminder of why I chose music as a profession. I am on my first read through, and can see that this will become a great reference for me. I have already utilized some of the book's exercises in performance situations to refocus from distractions, decrease nervousness and increase my own moment by moment enjoyment of the music. I would highly recommend this book to any musician, regardless of experience. 0 of 0 people found the following review helpful. Well-written ... By Sabrina My 18 year old son is a musician, a scholar, and very much into self-actualization. He ordered this and thought it was well-written.

By the best-selling co-author of Inner Tennis, here's a book designed to help musicians overcome obstacles, help improve concentration, and reduce nervousness, allowing them to reach new levels of performing excellence and musical artistry.

From the Publisher By the best-selling co-author of Inner Tennis, here's a book designed to help musicians overcome obstacles, help improve concentration, and reduce nervousness, allowing them to reach new levels of performing excellence and musical artistry. From the Inside Flap By the best-selling co-author of "Inner Tennis, here's a book designed to help musicians overcome obstacles, help improve concentration, and reduce nervousness, allowing them to reach new levels of performing excellence and musical artistry. About the Author Barry Green is a U.S. orchestral and solo double bass player and teacher. He was the principal bassist for the Cincinnati Symphony. [1] A contemporary of people such as Gary Karr, he has developed and publicized his own method for double bass.