



## Mind and Body: A Theory for Understanding Levels of Musical Performance (Paperback)

By Jon Gorrie

Createspace, United States, 2011. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Musicians around the world are constantly practicing and performing music - beginners and professionals, young and old, accomplished concert soloists and pop-star wannabes . No doubt all of these musicians have received or are currently receiving guidance on their chosen instrument or instruments. This guidance could be in the form of verbal instructions from a teacher, written instructions in the form of a method book, or sensory instructions by listening to the radio or watching popular music programmes on television. All musicians share a common goal - successful music making. But, how many of these musicians have stopped to consider all of the factors that contribute towards a successful performance? Drawing on method books and practical experience, teachers commonly address the technical issues specific to each instrument, but will often stop short of providing a complete explanation of the many issues involved in musical performance. This may well be due to the fact that a holistic approach to musical performance is an extremely complex subject, containing all manner of theories, terms, and ideas that are profoundly difficult to...



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