



The Art of Practicing: A Guide to Making Music from the Heart

Madeline Bruser

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This landmark book enlightens amateur and professional musicians about a way of practicing that transforms a sometimes frustrating, monotonous, and overly strenuous labor into an exhilarating and rewarding experience. Acclaimed pianist and teacher Madeline Bruser combines physiological and meditative principles to help musicians release physical and mental tension and unleash their innate musical talent. She offers practical techniques for cultivating free and natural movement, a keen enjoyment of sounds and sensations, a clear and relaxed mind, and an open heart and she explains how to

Prepare the body and mind to practice with ease
Understand the effect of posture on flexibility and expressiveness
Make efficient use of the hands and arms
Employ listening techniques to improve coordination
Increase the range of color and dynamics by using less effort
Cultivate rhythmic vitality
Perform with confidence, warmth, and freedom

Photographs show essential points of posture and movement for a variety of instruments.

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