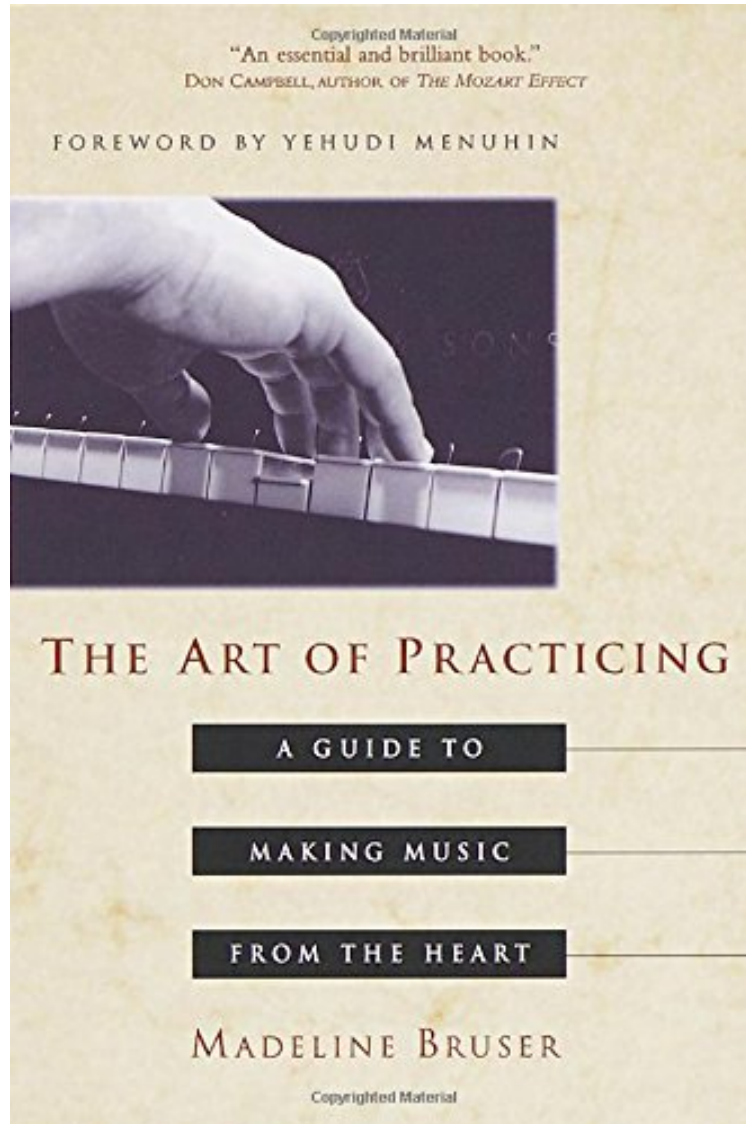


# The Art of Practicing: A Guide to Making Music from the Heart

*Madeline Bruser*

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**Madeline Bruser : The Art of Practicing: A Guide to Making Music from the Heart** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Practicing: A Guide to Making Music from the Heart:

4 of 4 people found the following review helpful. Fantastic Guide to Improve PlayingBy Heyo!I absolutely loved this book. The beautiful thing about is that a lot of it might be intuitive, but we forget these little things we can do to make our playing even better. I loved how the author wrote in a way that didn't leave the reader burdened by complex theories or terms, but rather give thorough advice that's easy to follow. My playing has already improved just by

following some simple practices laid out in this book. 10 of 10 people found the following review helpful. I'm impressed. By maple I'm just staring learning piano. I'm 53. Did play a couple instruments in school band. I'm extremely impressed with this book. Even though she is highly trained. Knows much. Works with many highly trained musicians and singers. The book is very straight forward. Unpretentious. Loads of info. This book is so good. It motivated me to give up on teaching myself, and go find a really good teacher. Some might not like talk of yoga, and meditation. Why do you think so many people run marathons? It's the meditation. There is nothing wrong with meditation. Yoga is the fountain of youth. Things like this are not any kind of mysticism. It is good common horse sense. It's what good observant minds have put together to make life better. She has a good understanding of physiology. Uses that to explain to you why incorrect technique is bad. Also how correct technique results in you playing better. I'm impressed with this book. Highly suggested to anyone who performs. 0 of 0 people found the following review helpful. A must-read for performing musicians. By E. Lewis This book addresses all facets of music-making: physical, spiritual, intellectual, and encourages instrumentalists to express themselves and enjoy performing.

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.

From Library Journal In an attempt to address the basic aspects of practicing and interpreting, this book includes both the physical and the spiritual. Instructions are given for stretching exercises to relax and flex the body and for meditation to prepare the mind, often addressing both physical and interpretive problems through a combination of both approaches. The bulk of the instructions are for pianists; here the author feels confident and speaks in her own voice. For other instruments and voice she relies, unquestioningly, on the opinions of others. The format is straightforward instruction combined with the somewhat stilted Socratic question-and-answer approach. For larger collections. Timothy J. McGee, Univ. of Toronto Copyright 1996 Reed Business Information, Inc. "Madeline Bruser has put together a valuable and insightful look at the art of practicing. If more people read this this book, perhaps we might see an increase in the number of inspired and joyful music makers who, rather than viewing practice as a punitive activity, regard it as the supreme opportunity to explore their own creativity." American Music Teacher "An essential and brilliant book. Madeline Bruser gives us insight, wisdom, and tremendous practicality." --Don Campbell, author of The Mozart Effect "I've often thought of practice as playing--in the stretching, somersault, skipping, serenely special sense of the word--and The Art of Practicing reaffirms that. It gently and joyfully reminds us of the beautiful reasons we love music and become musicians in the first place." --Richard Stoltzman, clarinetist "The attitude and approach presented in this book ring true and can inspire us to open up to music with stimulated imagination and inquisitiveness and to play from the heart every time we sit down to play. I recommend this book and its ideas very highly." --Peter Serkin, pianist "An excellent sourcebook for musicians...logical, well thought-out, and clearly written, as well as medically tenable...thoughtful, sensitive, and very practical." --Alice G. Brandfonbrenner, M.D., founding director Medical Program for Performing Artists, Rehabilitation Institute of Chicago, editor, Medical Problems of Performing Artists "This is a book to read and read again, whether you are a performing musician or a serious listener." The Washington Times "Give this book to any musician you love and to any person who loves what music does for them and for the world. " --Richard Stoltzman, clarinetist "Luminous and inspiring. " --Paula Robison, flutist From the Inside Flap 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.