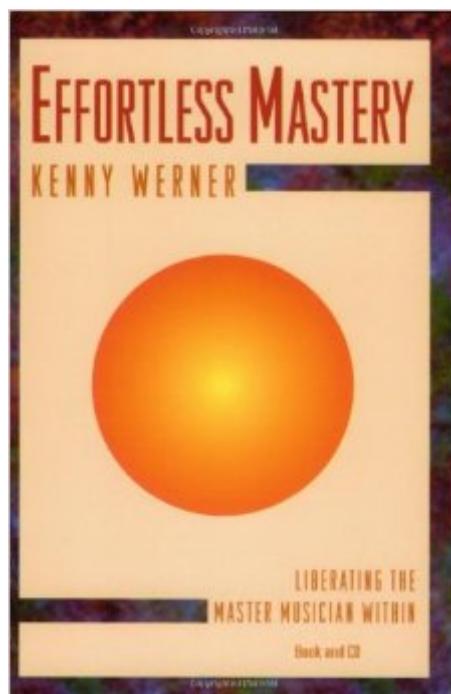


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Effortless Mastery: Liberating The Master Musician Within (Book + CD Set)



Synopsis

Paperback book and CD set. *Effortless Mastery: Liberating the Master Musician Within* is a book for any musician who finds themselves having reached a plateau in their development. Werner, a masterful jazz pianist in his own right, uses his own life story and experiences to explore the barriers to creativity and mastery of music, and in the process reveals that "Mastery is available to everyone," providing practical, detailed ways to move towards greater confidence and proficiency in any endeavor. While Werner is a musician, the concepts presented are for every profession or life-style where there is a need for free-flowing, effortless thinking. The book also comes with an audio CD of meditations narrated by Kenny to help the musician reach a place of relaxed focus.

Book Information

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Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (180 customer reviews)

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Customer Reviews

I've heard a lot about Mr. Werner's *Effortless Mastery* title. In fact, I know a band whose two primary musicians constantly bicker about whether this "effortless" approach is viable. After years of hearing about it, I decided to find out for myself. The book starts out with one basic premise: you are an aspiring, practicing musician, looking to "break through" to higher grounds of playing. Many people are at this stage, but have a fear of unfamiliar musical territory. The bulk of this book is dedicated to removing this fear. Werner's approach to doing so is by breaking down negative programming that's been beaten into aspiring musicians worldwide throughout their music careers. Some have a fear that's instilled by their teachers, who constantly tell them they're not good enough, not perfect enough, not smooth enough. Others have this fear imbued by "great" musicians - those who seem to push the boundaries and perform inhuman feats on their instrument. According to Mr. Werner, all

this negative programming eventually becomes an insurmountable barrier for advancement - unless it is reversed and positive programming is imposed on the musician. Who will impose this programming? Most likely, it will be the musician himself. Again, the basic premise comes into play: you must work on your technique, learn new music, and address your weaknesses. That is a given, and there is no way around it. However, you must also have a positive outlook while doing so - otherwise all the imperfections you've ironed out during practice will come back to haunt you in performance. Some of the initial chapters reveal in great depth Mr. Werner's personal experience.

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