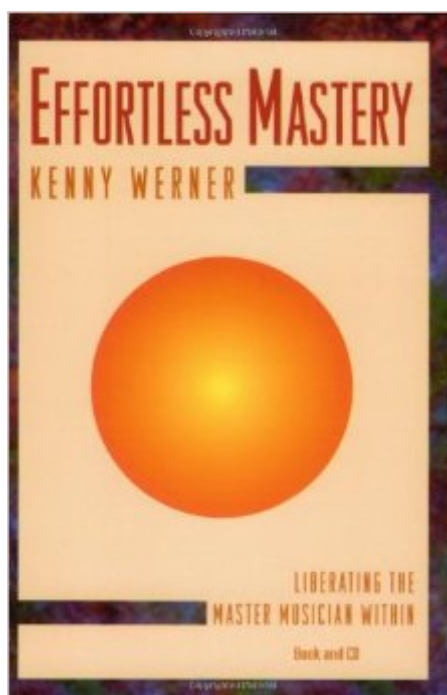


The book was found

# 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

Paperback: 192 pages

Publisher: Jamey Aebersold; PAP/COM edition (January 9, 1996)

Language: English

ISBN-10: 156224003X

ISBN-13: 978-1562240035

Product Dimensions: 0.5 x 6.2 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (180 customer reviews)

Best Sellers Rank: #10,568 in Books (See Top 100 in Books) #2 in [Books > Arts & Photography > Music > Musical Genres > Jazz](#) #19 in [Books > Arts & Photography > Music > Theory, Composition & Performance > Techniques](#) #65 in [Books > Self-Help > Creativity](#)

## 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.

[Download to continue reading...](#)

Effortless Mastery: Liberating the Master Musician Within (Book + CD set) Amy Winehouse: R&b, Jazz, & Soul Musician: R & B, Jazz, & Soul Musician (Lives Cut Short) The Musician's Guide to Theory and Analysis (Second Edition) (The Musician's Guide Series) Indirect Procedures: A Musician's Guide to the Alexander Technique (The Integrated Musician) The Musician's Guide to Fundamentals (Second Edition) (The Musician's Guide Series) The Musician's Guide to Aural Skills: Ear Training and Composition (Second Edition) (Vol. 2) (The Musician's Guide Series) Zentangle: 33 Zentangle Patterns to Inspire Your Inner Artist--Even if You Think You're Not One!! (Zentangle Mastery Series Book 3) (Zendoodle Mastery Series) FreeBSD Mastery: ZFS (IT Mastery) (Volume 7) FreeBSD Mastery: Advanced ZFS (IT Mastery) (Volume 9) FreeBSD Mastery: Specialty Filesystems (IT Mastery) (Volume 8) Kindle Publishing Box Set: How To Write A Book In Less Than 24 Hours, K Money Mastery & Kindle Marketing Secrets (Kindle Publishing, Kindle Marketing, Book Publishing, E-Book Publishing) Master Planning Success Stories: How Business Owners Used Master Planning to Achieve Business, Financial, and Life Goals (The Master Plan Book 2) The Mastery of Matzah: Uncovering the Hows and Whys of this Ancient Flatbread; 3 Master Recipes and 21 Ways to Eat It During the Passover Season Digital Photography Mastery: 9 Tips to Master Technical Aspects Including ISO, Exposure, Metering & Shutter Speed 7 Day Digital Photography Mastery: Learn to Take Excellent Photos and Become a Master Photographer in 7 Days or Less Total Truth (Study Guide Edition): Liberating Christianity from Its Cultural Captivity In Search of the Christ-Sophia: An Inclusive Christology for Liberating Christians Liberating News: A Theology of Contextual Evangelization Subversive Laughter: The Liberating Power of Comedy Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics)

[Dmca](#)