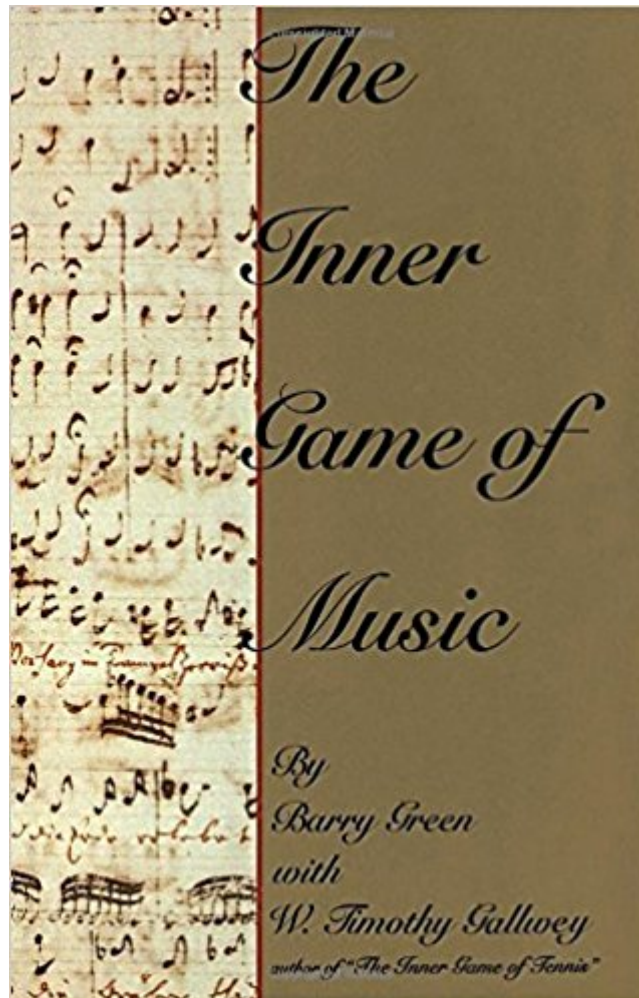




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# The Inner Game Of Music



## Synopsis

By the best-selling co-author of *Inner Tennis*, here's a book designed to help musicians overcome obstacles, help improve concentration, and reduce nervousness, allowing them to reach new levels of performing excellence and musical artistry.

## Book Information

Hardcover: 225 pages

Publisher: Doubleday; 1st edition (February 21, 1986)

Language: English

ISBN-10: 0385231261

ISBN-13: 978-0385231268

Product Dimensions: 5.8 x 0.7 x 8.5 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 127 customer reviews

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## Customer Reviews

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I really enjoyed this book and its discussion of self 1, with all of its doubts and fears, and self 2, the uninhibited part of us that we need to allow to take over in difficult situations. Intuition is key, and we can enjoy and create much more fluidly if we allow ourselves to follow those deeper feelings without letting logic destroy the moment. Nevertheless, I felt the book was mostly appropriate for professional musicians, and not so much amateurs or beginners. The terminology was often beyond what I would expect a beginner to understand, and many beginners are often unable to let self 2 take over because they have never brought themselves to a level of self 1 discipline to learn the

piece thoroughly enough that they can allow self 2 to emerge. Perhaps this book will help them though.

After 20 years of singing opera and classical recitals, I still worry about forgetting the words, or have that inner voice analyzing every sound that comes out. This book helped me to stop those inner judges and relax and immerse myself in the music. Performing has become much more fun.....what a concept!

EXCELLENT reminder of why I chose music as a profession. I am on my first read through, and can see that this will become a great reference for me. I have already utilized some of the book's exercises in performance situations to refocus from distractions, decrease nervousness and increase my own moment by moment enjoyment of the music. I would highly recommend this book to any musician, regardless of experience.

My 18 year old son is a musician, a scholar, and very much into self-actualization. He ordered this and thought it was well-written.

This is a great book for music students, teachers and parents. It's like "The Inner Game of Tennis" only more detailed and completely focused on music skills for instrumentalists as well as vocalists. It shows you how to focus and relax by eliminating the unnecessary "chatter" that prevents you from doing your best, and it has many, many suggestions for a great variety of approaches and techniques that will improve both your performance and your listening skills, using what we now know about the brain and its relationship to the body. You can browse through it and pick out the material that seems most relevant to you. I recommend it highly.

The basic message of this book is, play what you want. Have fun with it. Music shouldn't be a mental exercise, and there is no such thing as bad music. It is art, and to each his own. But this book is designed to empower you to express the music you feel inside, and bring it out. It is a very long pep talk. That said, it will not help you to be a better musician. It only encourages you to be the best you can be. Being a good musician depends on how much you practice, what you practice, how well you structure your practices, the training you have received, etc. This book can't help you do that.

I've been a fan of Gallwey's inner game technique for a long time. I applied his method in my carpentry career with great success. Being retired now I'm spending more time with my musical instruments. I kept blowing off buying this book thinking I knew enough inner game to apply. What Berry Green has done with this method is nothing short of extraordinary. This book has kicked up my appreciation for all forms of music. Do your soul a favor and buy this book.

I had read Inner Game of Tennis, which had helped with my music already. This is making me remember all aspects of Inner Game now applying to my specif area with exercices, something I wished when I had read about it before. Prof. Green has gone deep into Inner Game not only theoretically, but by profound experiences of his own and others. He has got authority to talk about it. Also, the hard cover binding is excellent.

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