

Quality Practice

A Workbook for Musicians

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This workbook for musicians is a resource for musicians and those who train musicians. The information and tools provided are grounded on current knowledge from the fields of psychology, neuroscience and pedagogy, and applied to the teaching and self-teaching of performing musicians. This publication is meant as a workbook – to be used in the practice room and the lesson in order to enhance creative learning processes and stimulate **quality practice**.

For information about workshops or to order a copy contact sgwilliams@gmx.net