



Classical Guitarists Unlock Your Potential

By Jean-Francois Desrosby

Jean-Francois Desrosby. Paperback. Condition: New. 102 pages. Dimensions: 8.9in. x 6.0in. x 0.5in. Historically, the classical guitarist who worried about his technical problems and performance anxiety automatically turned to the great masters of the guitar to find the answers to his questions. But what if the information transmitted by way of tradition did not provide all the answers? Biomechanics and the psychology of performance have been used by athletes for many years in order to overcome obstacles—both physical and mental. The consequence of this marriage of science and sport was an exponential increase in athletic performance. In this easy-to-read book, the author shows that all knowledge is transferable to the practice of the instrument. He explains how biomechanics and performance psychology address these questions and how they have the ability to help the guitarist to maximise his physical and psychological potential. Based on sound science rather than dogmatic theory, it offers a guide to harmonising the body and mind, with the ultimate goal of freely expressing the music within. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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This is the very best publication i actually have read until now. It really is packed with knowledge and wisdom I am happy to let you know that this is the very best publication i actually have read in my very own existence and could be he greatest pdf for ever.

-- **Dr. Nelda Schuppe**