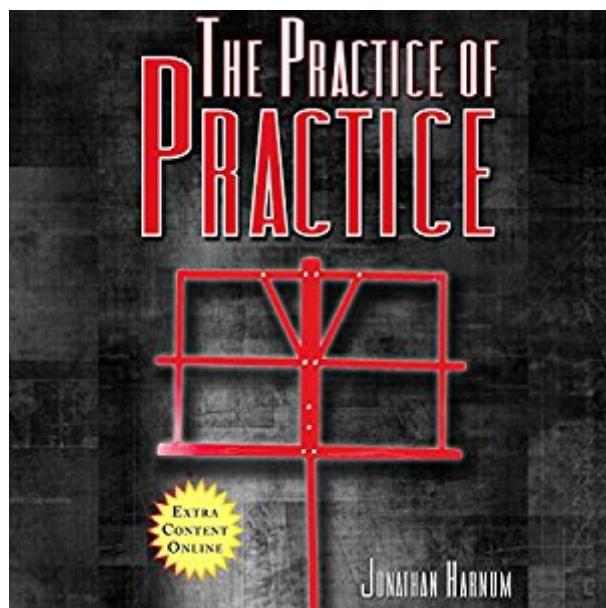


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# The Practice Of Practice: Get Better Faster



## **Synopsis**

Talent means nothing when it comes to getting better. Practice is everything. But exactly what is good practice? How does good practice create talent? The focus of this book is music practice, but these techniques and mindsets can be applied to any skill you want to improve. The Practice of Practice covers essential practice strategies and mindsets you won't find in any other book. You'll learn what research tells us about practice, but more importantly, you'll learn how great musicians in many genres of music think about practice, and you'll learn the strategies and techniques they use to improve. This book will help you get better faster, whether you play rock, Bach, or any other kind of music. It will also help you be a more informed teacher or a more effective parent of a young learner. Don't practice longer, practice smarter.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

This is a great book no doubt about it. Having taken up the guitar at 50 I've been overwhelmed by the "what to" learn books, and underwhelmed by the "how to" learn books. Very frustrating!!! This is the best "how to learn" book I've found so far. Lots of great practice and thought provoking ideas. I loved it so much I bought a hardcover edition to replace my softcover copy (which I gave to my teacher). Recommended!

First, let me say I have been a musician, performer, band leader, and private music teacher all my life (now in my 50s). I've had many teachers over the years, and have a huge library of music teaching and method books. I have a college music degree, and have studied with some wonderful

teachers--and some not-so-wonderful ones, too. ;-) I'm always looking for ways to improve my own playing and to help my students with their own practice. I was turned onto this book by a guy in one of my bands who sat in with the author at a master class. He was impressed with his teaching style and had signed on to the crowd sourcing which got this book published. His enthusiastic endorsement led me to do the same. I'm glad I did...This is both a practical guide to new ways to practice and a fascinating look at the psychological and physiological processes involved. That is, not just **WHAT** to do in the practice room, but **WHY** and **HOW** it works. Lots of short, easily absorbed chapters written in a clear, entertaining style. This is the first book I've purchased which takes advantage of the ebook format to a full advantage in that there are many links to articles, videos, and other resources which are available in context. So, if you read on a tablet or PC you can click through as you read and see or hear the author's references on the fly. For that reason, I'd say the electronic version is superior to the printed copy, though you can enter the links manually if you like. I read through it quickly the first time, and will now read again more slowly to get the "meat" out of this truly valuable resource. I recommend it to all my adult students, and use the material in all my teaching. I look forward to diving deeper into the material in this fine addition to my library.

I bought this book because I practice piano daily. This book gave me great insights into how to structure that. No typical self help cliches, just very original thoughtful and clear writing. It is also about much more than I ever expected. Its about how the brain works, why naps are important, and how to shape good practice. I have recommended or bought this for a number of people who don't play any instrument.

Great book covering the broader aspects of practice and reminding us that practice does not mean punishing ourselves. Get back to the inquisitive and experimental child experience. Be rewarded by not wasting your time on deflating activities. I have spent hundreds of hours working on my instrument in a non-musical way only to be surprised by my sounding non-musical. As soon as I started to listen and learn from the music that inspired me, the theory and technical side of playing was an exciting stepping stone this end goal of actually making expressive music. Highly recommended.

This book will transform the way you play music. Fortunately for me, I picked this up within the first week of starting to play guitar again after a long hiatus. It's given me a new discipline and focus, I'm learning better, faster, and more than I ever have before. The quality of my musicianship has risen

substantially. I am thoroughly impressed.

This is a great book about becoming a better musician all kinds of Training/Practice ideas . There are so many cool ideas in this book. A must have. NOT a music book per se, but so many great practice ideas, you will not be disappointed with this book. Great well thought out will change your whole philosophy on music practice and even life , Nice job Jonathan Hamum.

Very helpful and instructive look at how to practice. Good mix of underlying theories and ideas, and practical tools to help improve daily practice. Much of this is targeted toward practicing a musical instrument, but is very applicable to other interests and pursuits. Well written, and well organized. Highly recommend!

This is a very good book. It has motivated me to practice my guitar, and helped me to understand that learning to play an instrument is not automatic. Even the most accomplished musicians do the grunt work to get better. Work on the hard parts first. A quote by Andre Segovia: a reporter asked him why he was still practicing so hard at age 93. He replied "I think I am making progress".

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