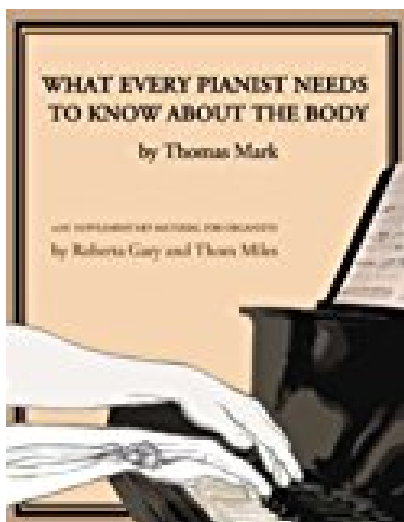


What Every Pianist Needs to Know About the Body



BOOK DETAILS

- Author : Thomas Carson Mark
- Pages : 155 Pages
- Publisher : Gia Publications
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BOOK SYNOPSIS

Techniques on how to gain greater fluidity of movement while playing to improve the quality of the experience are offered in this manual for serious piano players. This book encourages musicians to develop a broader understanding of the involvement of the entire body in playing -- and the strains playing places on the body -- by focusing on body mapping to increase awareness of the bodys function, size, and structure. Ways in which piano, organ, harpsichord, clavichord, and digital keyboard players can eliminate or prevent carpal tunnel syndrome and other debilitating conditions without traditional medical treatments are also explored.

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