

[PDF] Effortless Mastery: Liberating The Master Musician Within (Book + CD Set)

Kenny Werner - pdf download free book



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Description:

From the Publisher This is a great book for any musician, and it has literally changed the way people all over the globe think about their lives and their music. Kenny's candid confession of frustrations regarding his own early development really reveal how *everyone* struggles to reach a place of mastery, no matter what facade of confidence they present publicly. It is an inspiring book that seems to immediately connect with musicians, who say to us over and over, "I've always felt

there was something holding me back, and now I know how to let go and move forward!" The accompanying CD of meditations will be helpful for those wishing to investigate further the practical techniques Kenny discusses in the book.

About the Author Kenny Werner is an accomplished pianist who began performing at age 4 and, by age 11, had appeared on television. While at the Manhattan School of Music he became restless with his musical direction and began to explore Jazz as a new means of creativity and expression. Along his journey, he was inspired by masters of the craft to rethink not only the technical aspects of creativity, but also the spiritual aspects. **Effortless Mastery** is not only an account of that journey, but also an insightful guide for all those wishing to remove their own barriers to creativity in life and the arts.

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