



# The Balanced Musician: Integrating Mind and Body for Peak Performance

By Lesley Sisterhen McAllister

Download now

Read Online →

## The Balanced Musician: Integrating Mind and Body for Peak Performance

By Lesley Sisterhen McAllister

For musicians to attain the level of peak performance that they know is within their reach, they need to do more than spend time in the practice room. The most accomplished and healthiest musicians lead a balanced and satisfying life in which they place equal emphasis on three areas of musicianship: physical technique (body); analysis and knowledge (mind); and musicianship and creativity (soul). By integrating all of the parts of this triangle, you can learn to communicate creatively and with seeming effortlessness during performance. Organized into four main parts, this book first explores the mind-body connection and then separately discusses the mind, body, and soul of musicians, scholars, performers, and teachers of all voices and instruments.

By delving into research literature in both sport psychology and music, you will learn to use mental rehearsal and imagery away from your instrument and deliberate practice at your instrument. You will also learn such relaxation techniques as meditation, centering, stretching, and deep breathing. Drawing on findings from scientific studies, particularly in the area of sports medicine, McAllister offers practical tools for your practice, performances, and daily routine. By learning these techniques, you will also find enhanced confidence, concentration, endurance, and control over your own music-making.

With terms, questions for reflection, and assignments at the end of each chapter, this book may be used as a textbook for a course or as a supplement to music lessons. Both novice and experienced performers alike will learn ways to meet career demands and reach their full potential. Appendixes at the end of the book contain worksheets, scripts, questionnaires, self-evaluation forms, and journal entries that help you to individualize your work. Every musician who spends countless hours practicing deserves to learn these techniques, which will forever change the way you approach both practice and performance.

↓ [Download The Balanced Musician: Integrating Mind and Body f ...pdf](#)

 [Read Online The Balanced Musician: Integrating Mind and Body ...pdf](#)

# The Balanced Musician: Integrating Mind and Body for Peak Performance

*By Lesley Sisterhen McAllister*

**The Balanced Musician: Integrating Mind and Body for Peak Performance** By Lesley Sisterhen McAllister

For musicians to attain the level of peak performance that they know is within their reach, they need to do more than spend time in the practice room. The most accomplished and healthiest musicians lead a balanced and satisfying life in which they place equal emphasis on three areas of musicianship: physical technique (body); analysis and knowledge (mind); and musicianship and creativity (soul). By integrating all of the parts of this triangle, you can learn to communicate creatively and with seeming effortless during performance. Organized into four main parts, this book first explores the mind-body connection and then separately discusses the mind, body, and soul of musicians, scholars, performers, and teachers of all voices and instruments.

By delving into research literature in both sport psychology and music, you will learn to use mental rehearsal and imagery away from your instrument and deliberate practice at your instrument. You will also learn such relaxation techniques as meditation, centering, stretching, and deep breathing. Drawing on findings from scientific studies, particularly in the area of sports medicine, McAllister offers practical tools for your practice, performances, and daily routine. By learning these techniques, you will also find enhanced confidence, concentration, endurance, and control over your own music-making.

With terms, questions for reflection, and assignments at the end of each chapter, this book may be used as a textbook for a course or as a supplement to music lessons. Both novice and experienced performers alike will learn ways to meet career demands and reach their full potential. Appendixes at the end of the book contain worksheets, scripts, questionnaires, self-evaluation forms, and journal entries that help you to individualize your work. Every musician who spends countless hours practicing deserves to learn these techniques, which will forever change the way you approach both practice and performance.

**The Balanced Musician: Integrating Mind and Body for Peak Performance** By Lesley Sisterhen McAllister **Bibliography**

- Sales Rank: #1078722 in Books
- Brand: Brand: Scarecrow Press
- Published on: 2012-11-21
- Released on: 2012-11-21
- Original language: English
- Number of items: 1
- Dimensions: 8.99" h x 1.07" w x 5.83" l, 1.05 pounds
- Binding: Paperback
- 382 pages

 **Download** [The Balanced Musician: Integrating Mind and Body f ...pdf](#)

 **Read Online** [The Balanced Musician: Integrating Mind and Body ...pdf](#)

## Download and Read Free Online **The Balanced Musician: Integrating Mind and Body for Peak Performance** By Lesley Sisterhen McAllister

---

### Editorial Review

#### Review

With its multifaceted and holistic approach, McAllister's book is a welcome contribution to the field of music performance and pedagogy. Informative, practical and comprehensive in her approach, the author successfully weaves together the relationship between mind and body in patience and performance. ... The lists of resources are outstanding. ... The many strengths of this substantial text include its broad scope, generous discussions of supporting research, student self-assessments and emphasis on patience techniques away from the instrument. Because of its leading-edge approach to interpretation of the body and mind, it will be a welcome addition to the library of any musician or teacher. (*American Music Teacher*)

Musicians have become increasingly aware of the importance of physical and mental health and their connection to comfortable and communicative performance. In her comprehensive volume, *The Balanced Musician*, McAllister has gathered diverse topics on mind-body interaction in one comprehensive package of discussions, exercises, and questions to ponder. Each subject in this invaluable resource is extensively researched, with citations abounding. Nothing is left without a full definition or a reason for inclusion. . . . The author's background and areas of expertise have led her to deftly target three types of musicians. Students will read the book from cover to cover, working diligently through each exercise, completing all assignments, and hearing and feeling significant changes in their ease of performance. Teachers will use it as a resource, picking and choosing chapters that pertain to specific areas of need, appreciating its influence both on their students and on their own performances. Professional musicians will re-evaluate their performance processes and discover helpful exercises to enhance their skills. This volume is a must-have for the performing musician. (*Clavier Companion*)

This book shows how the mind responds under pressure and uses anxiety to advantage. Basing much of her research on sports psychology, the author identifies the problems of nerves, tension, self-doubt and other limiting thinking patterns. Things as diverse as a solid grounding in theory and musical analysis, diet, sleep and exercise can help us become 'profoundly thoughtful musicians'. Just about everything there is to know about the demands of performing is covered, with aids for reflections, extra reading and suggestions for teachers included. A balanced musician 'manages to be both relaxed and dynamic during performance but also maintains a healthy balance in all areas of life'. This book is a must for every teacher and student who wants to get the best out of performing. (*Stringendo*)

A significant and major contribution to the literature on mind and body awareness in music performance! With *The Balanced Musician*, Lesley McAllister offers a comprehensive, logical, and highly informative book that should take its place as *the* major work to date in this area. It should serve well piano teachers, instrument and voice faculty, general music instructors, college and university music majors, and professional performers—in fact, anyone seeking a healthy approach, mentally and physically, in his or her performance area. The scope of the volume is a remarkably comprehensive, with sections on the mind-body connection, performance psychology, sport psychology, cognitive strategies in performance, mental characteristics of peak performers, mind-to-muscle relaxation techniques, and much more. Musicians are hungry for this information, and McAllister delivers. Inviting and engaging to read, *The Balanced Musician* is a major contribution! (Jane Magrath)

Dr. Lesley Sisterhen McAllister has created an exciting sourcebook of information vital for every musician who strives to understand the crucial connection of the mind and the body in musical preparation and

performance. In *The Balanced Musician*, she not only explores theories behind this important mind/body connection but provides the musician reader with valuable and practical practice techniques and advice for achieving such a balanced approach to learning and to performing. This book is an invaluable addition to every teacher's bookshelf, as well! (Nancy Weems, Professor of Piano, University of Houston)

Musicians have acknowledged the importance of understanding the body/mind connection in staying healthy and its vital role in being able to enjoy a lifetime of effortless and joyful music-making. More recently, musicians are recognizing that focusing on the "whole" person is crucial to realizing their musical potential and helping their students maximize their innate abilities as performers. This remarkably comprehensive book introduces readers to up-to-date mind and body topics, strategies and resources, which range from audiation to yoga, the hemispheres of the brain to the Yerkes-Dodson Law. In *The Balanced Musician*, McAlister offers priceless insights into what today's musicians need to build successful performing skills and enable them to fully achieve their aspirations. It is a significant addition to the pedagogical literature and deserves a prominent place in every musicians' and music school's library. (Gail Berenson, Professor of Piano, Ohio University, Athens)

About the Author

**Lesley Sisterhen McAllister** is associate professor of piano and director of piano pedagogy in the School of Music of Baylor University, Waco, Texas. She regularly publishes in *American Music Teacher* and previously served as the chair of the editorial board for the *Music Teachers National Association E-Journal*.

## Users Review

**From reader reviews:**

**John Drew:**

Nowadays reading books become more than want or need but also turn into a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The information you get based on what kind of book you read, if you want attract knowledge just go with knowledge books but if you want sense happy read one with theme for entertaining for example comic or novel. The actual *The Balanced Musician: Integrating Mind and Body for Peak Performance* is kind of guide which is giving the reader capricious experience.

**John Krumm:**

Reading a e-book can be one of a lot of task that everyone in the world really likes. Do you like reading book and so. There are a lot of reasons why people enjoy it. First reading a reserve will give you a lot of new data. When you read a reserve you will get new information mainly because book is one of various ways to share the information or even their idea. Second, examining a book will make you actually more imaginative. When you reading a book especially fiction book the author will bring one to imagine the story how the people do it anything. Third, you could share your knowledge to some others. When you read this *The Balanced Musician: Integrating Mind and Body for Peak Performance*, it is possible to tells your family, friends along with soon about yours publication. Your knowledge can inspire average, make them reading a book.

**James Fletcher:**

Your reading 6th sense will not betray a person, why because this The Balanced Musician: Integrating Mind and Body for Peak Performance book written by well-known writer who knows well how to make book that may be understand by anyone who else read the book. Written in good manner for you, dripping every ideas and creating skill only for eliminate your own hunger then you still skepticism The Balanced Musician: Integrating Mind and Body for Peak Performance as good book not only by the cover but also with the content. This is one publication that can break don't ascertain book by its handle, so do you still needing another sixth sense to pick this specific!? Oh come on your studying sixth sense already said so why you have to listening to another sixth sense.

**Jeffrey Channell:**

Is it you who having spare time then spend it whole day by means of watching television programs or just lying on the bed? Do you need something new? This The Balanced Musician: Integrating Mind and Body for Peak Performance can be the respond to, oh how comes? A book you know. You are so out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

**Download and Read Online The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister #EN3819SHVQB**

## **Read The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister for online ebook**

The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister books to read online.

### **Online The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister ebook PDF download**

**The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister Doc**

**The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister Mobipocket**

**The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister EPub**

**EN3819SHVQB: The Balanced Musician: Integrating Mind and Body for Peak Performance By Lesley Sisterhen McAllister**