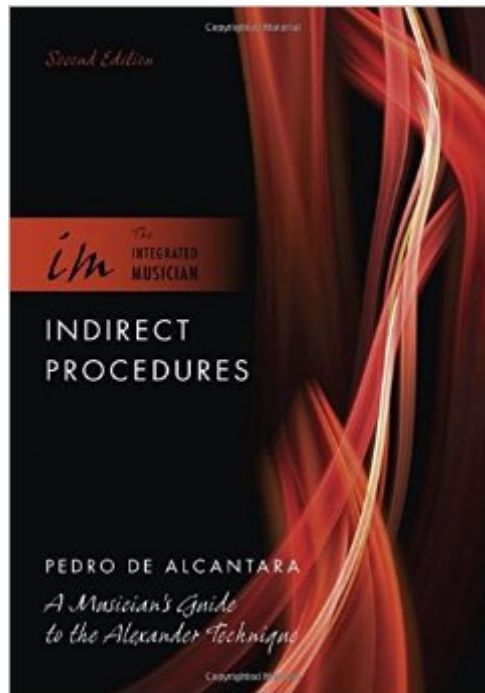


The book was found

# Indirect Procedures: A Musician's Guide To The Alexander Technique (The Integrated Musician)



## Synopsis

A musician's life is filled with many stressful situations: passing auditions, rehearsing and performing with difficult partners, sitting for long hours in uncomfortable chairs, going on stage to face audiences large and small, who may or may not be receptive to the performance they are presented. And yet many musicians are able to surmount these looming obstacles with grace and balance, to find satisfaction and artistry in their music and build productive and lasting careers. Indirect Procedures will guide you around these obstacles and along that path to becoming a balanced and successful musician. Based on the work of Frederick Matthias Alexander, this book is a thorough and practical approach to the issues of musicians' health and wellbeing. Author Pedro de Alcantara introduces concepts and exercises for musicians to let go of excessive tensions, stay focused, and direct their energies as they handle the challenges of practicing, rehearsing, and performing. Complemented by an extensive, easy-to-use companion website, and working alongside Integrated Practice, this new edition of Indirect Procedures is an invaluable and essential resource for today's musicians to learn to sing, play, and conduct with less effort and stronger results.

## Book Information

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## Customer Reviews

I would highly recommend this book to any person considering a study of the Alexander Technique or to those currently taking lessons. The book was recommend to me by my Alexander teacher, and

has several strengths that help it to stand out among other literature on the Technique that I have read. Alcantara provides clear explanations of Alexander's core ideas in an engaging, thoughtful, and often humorous style. The book contains a number of pictures, activities, links to web videos, and a rather extensive and wide-ranging bibliography that speaks to both the breadth and depth of the Technique. I find myself returning to different sections of the book again and again to continue to explore the ideas presented. It is a truly contemporary, multi-media presentation of Alexander's ideas and I believe that helps to make it a wonderful resource for both the curious musician and non-musician. I agree with other reviewers here, that Alcantara's writing style is warm, personal, and non-judgmental in a way that very much channels the spirit of an Alexander lesson. The book also provides a number of excellent contrasts between Alexander's big-picture "principles" with specific real life scenarios and activities. I found this strategy very helpful in bringing some of the more abstract ideas presented into a context that is concrete and easy to relate to. I would also point out that this is not a manual of ready-made "answers" to some of Alexander's more complex propositions. Alcantara is keen to point out when the reader should take time to think, experiment, and draw their own conclusions.

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