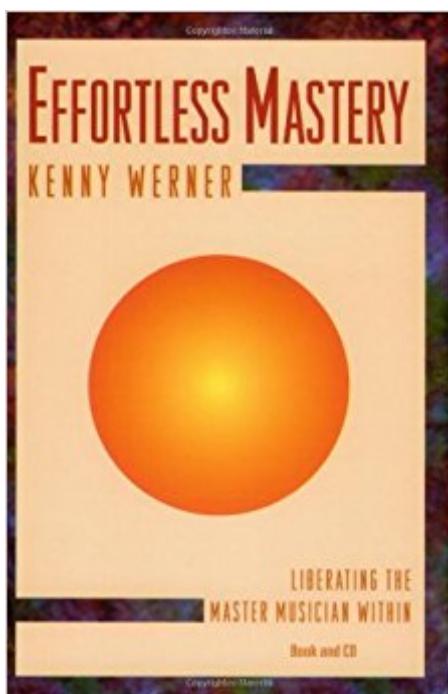


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# Effortless Mastery: Liberating The Master Musician Within (Book + CD Set)



## **Synopsis**

Paperback book and CD set. *Effortless Mastery: Liberating the Master Musician Within* is a book for any musician who finds themselves having reached a plateau in their development. Werner, a masterful jazz pianist in his own right, uses his own life story and experiences to explore the barriers to creativity and mastery of music, and in the process reveals that "Mastery is available to everyone," providing practical, detailed ways to move towards greater confidence and proficiency in any endeavor. While Werner is a musician, the concepts presented are for every profession or life-style where there is a need for free-flowing, effortless thinking. The book also comes with an audio CD of meditations narrated by Kenny to help the musician reach a place of relaxed focus.

## **Book Information**

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## **Customer Reviews**

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.

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.

Whether you're a seasoned pro or a hobbyist, this book has some very encouraging and insightful things to say. I especially enjoyed the chapters in which he discussed the insecurities and overly-self-critical aspects that musicians often have or develop. I've played guitar for about 10 years now and I started studying jazz about 3-4 years ago. In my practicing and performing, I would often belittle myself due to my lack of ability to express the ideas that I knew were in my head. This in turn caused my development as a musician to stagnate and perhaps facilitated a bit of animosity towards my instrument (though never enough to put it down). I can honestly say that after reading this book, I feel comfortable on the band stand and am much more productive in my daily practice. The perspectives Mr. Werner offers helped me to once again find meaning in what I do. I feel as though many musicians go through the same troubles that I experienced (and occasionally still experience). This book offers a solid thought system to battle our own outrageous expectations and demands and may even serve to remind us as to why we were drawn to music and our respective instruments in the first place. All that said, ultimately this is a book about one man's musical and personal experiences. The degree of its significance to its readers will vary; I certainly don't follow everything he says to the letter. But it is definitely a book you should consider reading. Cheers!

Because I was blown away by Victor Wooten's "The Music Lesson" suggested I might like this book. They were right. Not only is this author a prolific recording artist, band leader and composer, he is side-man to some other, world class artists as well. He knows what runs thru an artist's mind and how people behave and addresses it in this no-nonsense book, which also comes with a CD of meditations to help you implement some of what he's talking about in the text. What he's saying isn't new, he uses quotes from other great teachers, players and thinkers to illustrate his points. All of it is good and inspiring. I'm practicing more, thanks to Kenny.

If you're a musician who has practiced all your life but never felt like you mastered your instrument,

this is the book for you. I confess I am that person. I read this book cover to cover and then went back and reread sections of it and applied it over a period of time. His approach definitely loosened me up and enabled me to enjoy my own playing, and even begin to like my own playing instead of judging it in a negative way. In my opinion, the great masters in music are deeply committed to their own music. They truly know and believe that what they are playing is beautiful, and I think that mindset is half the battle. The rest is practice. I also bought Kenny's DVD and found it extremely helpful. I had the opportunity to hear Kenny perform in public with his trio and everyone in the room felt that he does what he teaches!

This book has some really interesting ideas about your mindset while playing your instrument. I think I would go as far as saying all musicians should read it... or at least MOST. If you're already an accomplished, professional musician and are completely confident in your playing abilities on and off the stage, then you might want to pick it up just to get a different and insightful viewpoint on the way music is taught to children. All other players could certainly pick up at least a few useful ideas. I gave it a 4 star instead of 5 because the first several chapters are almost like teaser website ads... "you are going about these things all wrong because of A, B, and C. If you want MIRACULOUS results, click here!" (then click here, and there, and give me your credit card number). We already bought the book, so get on with the getting on and tell me how to fix it! The real meat and potatoes of the process aren't until chapter 9 or so! Still, there are some great quotes and ideas in the first chapters and throughout the book.

This book really did my brain some justice. Gave me a perspective that I personally needed to hear. Not all people are going to agree with the messages explained in this book and that's fine. I think most people like to be too critical of text and applying ones ideological beliefs to their own. For me, this book helped me in great ways. It gave me a great perspective on life and how music connects us all. It's not so much about the title and what it sells, but how the actual words in the book resonate with the reader. People may agree or disagree with Kenny's ideas but in a whole, the message is clear... Effortless Mastery is achievable through the proper mindset and foundations set by the musician.

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