



With Your Own Two Hands : Self-Discovery Through Music

Seymour Bernstein

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For anyone who's ever suffered through music lessons, or sat paralyzed with fear at the piano, here's a master teacher's remarkable self-help guide to realizing all your musical talents. It's a tested, practical program for conquering nervousness, sharpening memory and concentration, building coordination and flexibility -- for demolishing the stumbling blocks that every musician faces. So that you can know the joy of making the best music you can. all with your own two hands. Includes index.

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