



effortless mastery kenny werner pdf

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. Book also includes an audio CD of meditations narrated by Kenny to help the musician reach a place of relaxed focus. You can purchase Effortless Mastery on your

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"Effortless Mastery of Melody, Harmony and Rhythm is a further development of Mr. Werner's epic book, Effortless Mastery. In this video, he demonstrates personally, with his usual kindness and wisdom, exercises he developed over his career that he still employs today.

Kenny Werner Effortless Mastery of Melody Harmony Rhythm

"Effortless Mastery: Liberating the Musician Within", Kenny Werner 192 pages "Paperback | eBook
This summary is part of an ongoing project to read, note and summarise ~70 books on Learning How to Learn - for more, see the full reading list .

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