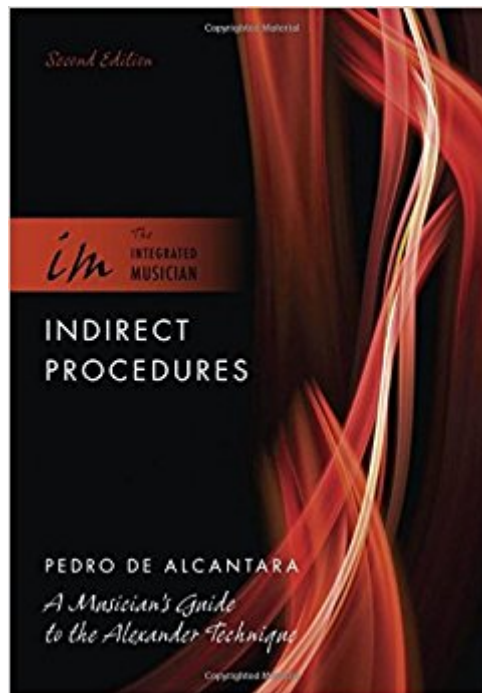




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# Indirect Procedures: A Musician's Guide To The Alexander Technique (The Integrated Musician)



## 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

Pedro de Alcantara is a musician, writer, and teacher. His books include Integrated Practice: Coordination, Rhythm & Sound, The Alexander Technique: A Skill for Life, and the children's novels

Befuddled and Backtracked. He lives in Paris and New York, and he travels the world giving seminars and master classes.

The book came in great condition and was packaged well. There's much more I can say about the handling of the product. What I can say about the book is that it has been a great help and reference guide for not only my cello technique and playing, but also in my daily life and how I make use of my bodily systems. The advice which helped me most was the "commands." All this time I had been trying get rid of tension, but it never really worked. When it went away, I wondered why. Simply saying "head forward and up" or "elongate shoulders" to myself improves my use of my body and my posture. I would love to see how this guides me throughout my life! I highly recommend this to any performing artist.

Excellent presentation of Alexander Technique and its particular application to a musician...It is a book rich in content, discovery and illumination. However, it is not a book to speed read through. A slow, studious pace will be very productive. Make notes, highlight cogent sentences and re-read passages until it sinks in. Reading this book will be a journey that will revolutionize your approach to your body, your presence and your movement and your life. This book would have prevented me from recent hand and fingers and wrists injuries... But I'm well on the road to recovery now, thanks to this book and the Alexander Technique AmSAT teacher I am now seeing.

If you like the idea of healing yourself by working on changing your habits gradually over time, rather than being dependent on pills, cortisone shots, massage therapists (I say dependent, not taking advantage of a good massage every once in a while:-) I HIGHLY RECOMMEND THIS BOOK. If you have any kind of pain from everyday living, not just from playing music (because if you have pain from playing music, you most likely have other kinds of pain as well) I highly recommend 1) reading this book and 2) finding an Alexander Technique teacher near you. The technique has helped me with years of performance anxiety, tension and tendonitis, and back and neck pain that I had no idea I was causing myself. I checked out the first edition of Indirect Procedures from the library and started reading it a few weeks ago, and then found out there was a kindle edition (which is the second edition). The ideas presented in this second edition are the same as the ones in the first edition, but are stated with a more hands on approach. However, I had become so engrossed in the very detailed and dense first edition that I resolved to finish it AND the second edition. If you can read both, I do recommend it.

Wonderful advice, in a clear, interesting-to-read style. Highly recommend, especially if you have any pain issues related to playing your instrument.

This is one of the best books on Alexander technique that I have read.

Bought it for a class. Read it, loved it.

Amazing book, every one who wants to know about the Alexander Technique should read it. Perdo explains everything in a ver nice and easy way.

This new edition is much more user-friendly than the first edition. Worth having even if/especially if you have the earlier edition.

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