



The Principles of Correct Practice for Guitar: The Perfect Start for Beginners and the Answer to the Problems of Players

Jamie Andreas

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"The Principles Of Correct Practice For Guitar" solves the biggest problem guitar students have... they are not getting better because they don't know what to do when they sit down to practice. "The Principles" is different from all other guitar books because it does not give you endless exercises and songs, leaving it up to you to figure out how to get your fingers to play them. It will teach you how to train your fingers effectively so that they can easily make the movements necessary to play the music you love on guitar. With practice methods based on the scientific principles of motor control learning, you will learn the necessity of slow, focused practice for building the precise and controlled reflexes every guitar player needs. Taking you from the beginning, a special series of step by step Foundation Exercises will show you how to develop the muscles that will train your fingers to play easily on the guitar. You will see the results yourself as you get better with every practice session! "...Jamie writes in a way that encompasses all guitarists regardless of genres...there's a wealth of information such as your attention to detail, developing the right type of muscle memory, and the right way to build speed...it is full of useful advice and tips."Guitar Techniques Magazine "...Her aim is to teach the basics really, really well. Anyone who wants to be a true artist needs to start with sound fundamentals, and Jamie's book would be a fine place to start, the closest to developing the kinds of habits instilled in Suzuki training." Gary Marcus, Author "Guitar Zero" "Jamie Andreas is a gifted writer and music educator. This book will help you prepare your body and mind for the journey of learning to play the guitar, and is required reading for any serious student of the instrument. "The Principles" is a book unlike any other I have read, and holds a unique status in my library.....Shawn Bradshaw, Cyberfret

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Theo Garcia:

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