



1999 • Softbound • 110 pp
ISBN 0-9670027-1-0 • \$14.95

Mental Practice & Imagery for Musicians

*a practical guide for optimizing practice time,
enhancing performance, and preventing injury*

by *Malva Susanne Freymuth, D.M.A.*

Musicians are always looking for better, more efficient ways to practice. With the current prevalence of music-related injuries, musicians will welcome this book detailing a practice technique that somewhat reduces physical work and yet *enhances* musical learning and performance.

While the book is based on scientific research, the focus is on the *practical* application of mental techniques for musicians. *The techniques described can be used by musicians of every skill level—amateurs and professionals, teachers and students.*

In this book:

- The vital characteristics of mental practice and creative imagery;
- A step-by-step program for training mental skills;
- Examples showing how mental work can be combined with physical practice for optimum results;
- Strategies for enhancing performance;
- Pointers for teaching mental skills to young students
- A section on relaxation;
- A discussion of how mental skills can be applied in the case of injury.

...full of excellent ideas and practical suggestions...accessible and useful...

--Helene Grimaud, internationally acclaimed concert pianist

...of inestimable value for those who have encountered physical problems in performing music...also a boon for all musicians in its demonstration of how to balance mental and physical activity in music making...an essential addition to every musician's basic library...

--William Kearns, hornist, reviewer for Choice, Distinguished Professor Emeritus of Music, University of Colorado at Boulder

...a very practical and well written treatise...I particularly applaud [the author's] directness because, unlike many other "how to practice" books, she does not oversimplify...this guide will be useful to teachers and students at all levels...

--Alice Brandfonbrener, M.D., editor of Medical Problems of Performing Artists, co-editor of Performing Arts Medicine

...[the author] understands the importance of kinesthesia and kinesthetic imagination in making music. This is rare and valuable insight, and it places Freymuth among the pioneers who will eventually succeed in putting music training on a secure somatic foundation.

--Barbara Conable, author of What Every Musician Needs to Know About the Body and How to Learn the Alexander Technique; founder of Andover Educators

When playing a musical instrument, who is the driver at the wheel? Your mind or your hands? ...[This book] offers practical information designed to help musicians realign the mental/physical processes they use while making music.

--Julie Lyonn Lieberman, violinist, author of You Are Your Instrument: The Definitive Musician's Guide to Practice and Performance



Malva Susanne Freymuth, author and violinist, earned her D.M.A. degree from the University of Colorado, Boulder, where she also pursued extensive studies in kinesiology and sport psychology. Malva's background includes dance, drama, therapeutic massage and movement work. She is active as a soloist, chamber musician, orchestral player, conductor, teacher, and lecturer.