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Zen and the Art of Guitar: A Path to Guitar Artistry, Book & CD

Jeff Peretz

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Join performer and teacher Jeff Peretz on a musical journey that will open your mind and improve your guitar playing in ways you've never dreamed of. Using the practice of skill cultivation, one of the principles at the heart of Zen philosophy, you'll discover ways to develop your powers of concentration, "let go" as a player, and become a complete guitarist. Along the way, you'll learn about the history of Zen; the application of Zen to rhythm, melody, and harmony; and new ways of thinking about familiar musical elements. You'll find Zen and the Art of Guitar a musical learning experience unlike any you've ever encountered.

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