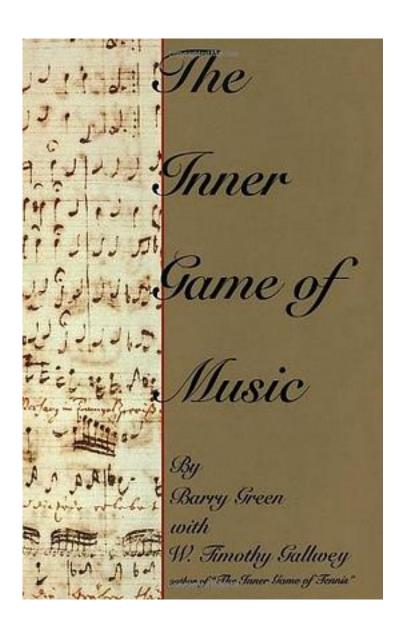
## The Inner Game of Music



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By the best-selling co-author of Inner Tennis, here's a book designed to help musicians overcome obstacles, help improve concentration, and reduce nervousness, allowing them to reach new levels of performing excellence and musical artistry.
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很多心理的理念和冥想的方式我都不陌生,它用了很多音乐上的例子,更有启发。可以 学以致用,一段时间以后还可以再读。
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