



Effortless Mastery: Liberating the Master Musician Within (Book + CD set)

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Paperback book and CD set. **Effortless Mastery: Liberating the Master Musician Within** is a book for any musician who finds themselves having reached a plateau in their development. Werner, a masterful jazz pianist in his own right, uses his own life story and experiences to explore the barriers to creativity and mastery of music, and in the process reveals that "Mastery is available to everyone," providing practical, detailed ways to move towards greater confidence and proficiency in any endeavor. While Werner is a musician, the concepts presented are for every profession or life-style where there is a need for free-flowing, effortless thinking.

The book also comes with an audio CD of meditations narrated by Kenny to help the musician reach a place of relaxed focus.

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