

The Musician's Body: A Maintenance Manual for Peak Performance, 2007, 118 pages, Jaume Rosset i Llobet, 0754662101, 9780754662105, Ashgate Publishing, Ltd., 2007

Musicians suffer greatly from industry-related injury and illness, and many of these problems are established during student days or even before. This affects all forms of music-making from classical through jazz and rock to traditional folk. Hearing damage is of serious concern in most forms of music-making, but the most stressful situations and the most physical damage is recorded in the practice of classical music. The long hours of practice at the beginning of a musician's career are the main source of problems that sometimes only reveal themselves in later life. This book is aimed equally at student musicians, practising musicians, and instrumental and vocal teachers, and it aims to help them to begin to understand how and why their bodies function as they do when they perform and also how they may avoid professionally related illness or injury and achieve the highest standards of performance. The principal author, Dr Jaume Rosset i Llobet, is a medical expert and an internationally acclaimed researcher on the subject. He is the Director of a Centre for the Physiology of The Arts in Terrassa, Catalonia, one of the few clinics in the world to which musicians, dancers and performing artists can go for assessment and treatment. The book provides examples and references to the health of musicians covering a wide range of musical genres based on current research, practice and treatment. As well as physiological exposition, copiously illustrated with medical and humorous diagrams, the book covers ergonomics, risk factors, posture, breathing, matters of diet and accommodation of professional needs in daily life. - Publisher.

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Pilates System Marmaxx , Octopus Publishing Group, Sep 1, 2001, Exercise, 128 pages. Exercises to do at home inspired by the Joseph Pilates method..

Yoga Step by Step, Cheryl Isaacson, 1990, Hatha yoga, 104 pages. Provides all the information readers need to begin practicing yoga--written specifically for those who might benefit from simpler forms of yoga movement..

Essential Exercises for the Childbearing Year A Guide to Health and Comfort Before and After Your Baby Is Born, Elizabeth Noble, Jan 1, 1988, Health & Fitness, 190 pages. Exercise programs designed to ease the burdens of pregnancy on the average, underexercised woman.

Fit for Golf , Gary Player, 1994, Sports & Recreation, 175 pages. Combining stretching exercises, cardiovascular activities, weight training, and nutritional advice, Player's program will help golfers build their strength for greater distance.

Body Massage , Esme Floyd, Paul Wills, 2004, Health & Fitness, 128 pages. Simple, safe and highly effective, it's not surprising that massage has now become one of the most popular ways of relieving tension and anxiety. Body massage is not only.

Modern Pilates The Step by Step, at Home Guide to a Stronger Body, Penelope Latey, 2001, Health & Fitness, 212 pages. Using the fundamentals of Joe Pilates's™ work, philosophy, and exercises with modifications, this step-by-step guide for practicing the modern Pilates method offers a safe.

Pain Free at Your PC , Pete Egoscue, Roger Gittines, Jan 21, 2009, Health & Fitness, 208 pages.

Using a computer doesn't have to hurt. Prevent or reverse repetitive stress injuries Cure carpal tunnel syndrome End chronic wrist, shoulder, and neck pain Ease eyestrain Avoid.

Fit for riding , Richard Meade, Peter Verney, 1984, Health & Fitness, 73 pages. .

Overcoming arthritis a guide to coping with stiff or aching joints, Frank Dudley Hart, 1981, Allergy, 122 pages. .

The Back Pain Personal Health Plan Bounce Back Edition, Trish Wisbey-Roth, Nick Sinfield, Apr 18, 2014, Health & Fitness, 136 pages. The Bounce Back Edition of The Back Pain Personal Health Plan is the only back care book you will ever need showing you how to take control of your back pain. A comprehensive.

Dynamic Bodyuse for Effective, Strain-Free Massage , Darien Pritchard, 2007, Health & Fitness, 631 pages. The most significant cause of early retirement from the massage profession is the cumulative strain on the body developed in the course of performing the work. The explosive.

Curves, Twists and Bends A Practical Guide to Pilates for Scoliosis, Annette Wellings, Sep 1, 2009, Health & Fitness, 158 pages. This clear and concise book explains in accessible terms what scoliosis is. It includes a series of Pilates exercises, specially designed by the authors to promote flexibility.

Good-bye to bad backs a proven program of simple stretching and strengthening exercises for better body alignment and freedom from lower back pain, Judith Scott, 1988, Health & Fitness, 245 pages. .

Good Hands Massage Techniques for Total Health, Robert Bahr, 1984, Body, Mind & Spirit, 199 pages. Describes the basic methods of massage and finger pressure and provides advice on using massage to relax the body and relieve pain.

Playing (less) Hurt An Injury Prevention Guide for Musicians, Janet Horvath, 2010, Health & Fitness, 235 pages. (Book). Making music at any level is a powerful gift. While musicians have endless resources for learning the basics of their instruments and the theory of music, few books.

An Army of Ex-lovers My Life at the Gay Community News, Amy Hoffman, 2007, Biography & Autobiography, 166 pages. This is a vivid, funny portrait of the four tumultuous years a young editor spent working in the gay press. the late 1970s, writes Amy Hoffman in this memoir of gay liberation  
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D.C. Public School System Oversight Hearing Before the Subcommittee on Judiciary and Education of the Committee on the District of Columbia, House of Representatives, One Hundred Second Congress, First Session. September 26, 1991, United States. Congress. House. Committee on the District of Columbia. Subcommittee on Judiciary and Education, 1993, Law, 154 pages. The purpose of this oversight hearing on the District of Columbia public school system was to welcome the new superintendent, Franklin L. Smith, and to assess the general Detective Zack Danger at Dinosaur Camp , Jerry D. Thomas, 2002, Juvenile Fiction, 127 pages. Huge unexplained footprints in the canyon, reports of a long-necked creature roaming the mountain, loud cries in the night-it can't be a living dinosaur. Or can it? download The Musician's Body: A Maintenance Manual for Peak Performance Jaume Rosset i Llobet

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