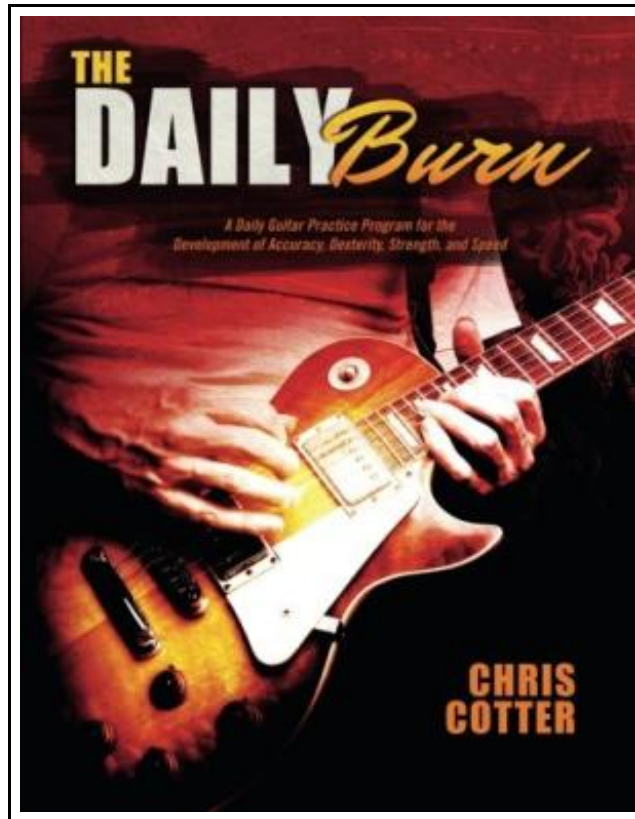# The Daily Burn: A Daily Guitar Practice Program for the Development of Accuracy, Dexterity, Strength, and Speed (Paperback)

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Reviews

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THE DAILY BURN: A DAILY GUITAR PRACTICE PROGRAM FOR THE DEVELOPMENT OF ACCURACY, DEXTERITY, STRENGTH, AND SPEED (PAPERBACK)

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Christopher Cotter, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A great tool for any guitar student! Here is a step-by-step program that is sure to improve your guitar playing. The Daily Burn combines a daily practice routine with an effective practice log and tracking system into one easy-to-use workbook that really works. You will see and hear improvements in all aspects of your playing every day, no matter what your current skill level. Using this simple system, you will develop the Four Pillars of guitar technique: accuracy, dexterity, strength, and speed. You will be playing in top form, giving you the freedom to achieve your guitar playing goals. You will open and use this book every day. PROGRAM FEATURES Functional book/workbook combination that includes a complete practice log and progress tracking system for best results. Over 200 daily practice sessions. Maximize efficiency and effectiveness of practice sessions, rehearsals, and performances. Beneficial for electric and acoustic players in any style, at any skill level. Find, isolate, and eliminate problem areas in technique. Produces precise synchronization between the hands and fingers. Helps reduce tension and strain due to improper technique and ineffective practice habits. Avoid and/or recover from musician s injuries such as carpal tunnel syndrome and tendonitis. Improved technique, physical and mental preparation will allow you to play at your best in any situation at any time.

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