

Returning to Music: A Guide for Practicing Musicians

If you're a practicing musician who has taken a break from playing, you may be wondering how to get back into the groove. Here are some tips to help you get started:

Set Realistic Goals

Don't try to do too much too soon. Start by setting small, achievable goals. For example, you might aim to practice for 30 minutes each day, or to learn one new song each week.



Practicing: A Musician's Return to Music by Glenn Kurtz



4.5 out of 5

Language	: English
File size	: 526 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 258 pages



Find a Practice Buddy

Practicing with a friend or colleague can help you stay motivated and accountable. You can also learn from each other and share tips.

Make it Fun

Don't force yourself to practice if you're not enjoying it. Find ways to make practice fun, such as playing with a band, recording your music, or performing for others.

Be Patient

It takes time to get back into the swing of things. Don't get discouraged if you don't see results immediately. Just keep practicing and you'll eventually reach your goals.

Tips for Practicing

Here are some specific tips for practicing:

- **Warm up before you start playing.** This will help to prevent injuries and improve your playing.
- **Focus on accuracy and technique.** Don't worry about speed at first. Just focus on playing the notes and phrases correctly.
- **Gradually increase the difficulty of the pieces you practice.** As you improve, you can start to tackle more challenging pieces.
- **Practice regularly.** The more you practice, the faster you will improve.
- **Listen to recordings of your favorite musicians.** This will help you to learn new techniques and styles.
- **Perform for others.** This is a great way to get feedback on your playing and to improve your stage presence.

Troubleshooting

If you're having trouble getting back into music, here are some troubleshooting tips:

- **Identify the barriers that are preventing you from playing.** Are you lacking motivation? Do you have physical limitations? Once you know what the barriers are, you can start to address them.
- **Find a support system.** Talk to your friends, family, or music teacher about your goals and challenges. They can offer support and encouragement.
- **Don't give up.** Learning to play music takes time and effort. Don't get discouraged if you don't see results immediately. Just keep practicing and you'll eventually reach your goals.

Returning to music after a break can be a challenging but rewarding experience. By following these tips, you can increase your chances of

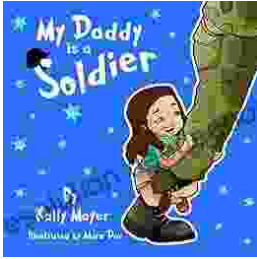


Practicing: A Musician's Return to Music by Glenn Kurtz

★★★★☆ 4.5 out of 5

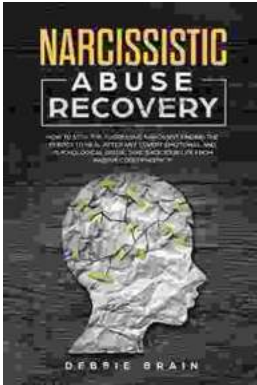
Language : English
File size : 526 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages





The Bedtime Story of Love Between Daughter and Daddy

Once upon a time, there was a little girl named Lily who loved her daddy very much. Every night, before she went to bed, Lily and...



How to Stop the Aggressive Narcissist: Finding the Energy to Heal After Any

Understanding the Aggressive Narcissist Aggressive narcissists are individuals with a heightened sense of entitlement and superiority...