The Practice of Practice

Jonathan Harnum
Appendix

Read Between the Lines

While knowledge may provide a useful point of reference, it cannot become a force to guide the future.

Herbie Hancock, musician (b. 1940)

Helpful Books on Music, Practice, & More

I’m an avid and critical reader, and recommending books to others is a duty I take seriously. The following books have had a significant impact on me, both personally and professionally, and I highly recommend each of them. If you’re looking for a good, interesting read to take your understanding of practice further, start with these. You can find links to all these titles on this book’s web site: www.ThePracticeOfPractice.com/reading


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**Research Influencing this Book**

The following list of articles, books, and other sources have all been influential either directly or indirectly in the writing of this book and in the development of my thinking about music practice.

I’m deeply indebted to the musicians, scholars, researchers (and their participants), universities, and publishers responsible for this important body of work and offer my profound and heartfelt thanks to all of them. I provide this bibliography here with the hope that others will find these readings useful in their own investigations into music practice. An EndNote file containing most of these citations is freely available at ThePracticeOfPractice.com.


The Practice of Practice


Psychology Press.


Gross, T. (2004). *In the Junkyards: Grandmaster Flash*. In *All I did was ask: Conversations with actors, musicians, and artists* (pp. 137-142). New York: Hyperion. Original interview can be found online at http://is.gd/kopota.


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Nielsen, S. G. (2001). Self-regulating learning strategies in


What do all those lines and squiggles and dots mean? Basic Music Theory takes you through the sometimes confusing world of written music with a clear, concise style that is at times funny and always friendly. Chapter and section reviews (226 pages).

Sound the Trumpet: How to Blow Your Own Horn

Packed with information no trumpet player should be without. Learn to master basic skills like lip slurs, buzzing, and breathing. Covers more advanced skills like double- and triple-tonguing, transposing, cool sound effects, how to play high, endurance, and many other helpful skills (274 pages).

Also from Sol Ut Press

Teaching Beginning Woodwinds: The First 5 Days, by Loraine D. Enloe, PhD

Future music teachers must not only learn how to play unfamiliar instruments, they also need to learn how to teach those instruments. This book helps coach new teachers through the crucial first five days of teaching woodwinds to beginners. Learn more at www.TeachingWoodwinds.com
Talent means almost nothing when it comes to getting better at anything, especially music. Practice is everything. But exactly what is good practice? How does good practice create talent? And what in the world does a pinwheel have to do with practice?

This book covers essential practice strategies and mindsets you won’t find in any other book. You’ll learn the What, Why, When, Where, Who, and especially the How of great music practice. You’ll learn what research tells us about practice, but more importantly, you’ll learn how the best musicians in many genres of music think about practice, and you’ll learn the strategies and techniques they use to improve. This book will help you get better faster, whether you play rock, Bach, or any other kind of music.

Whatever instrument you want to play, *The Practice of Practice* will help you become a more savvy musician, a more informed teacher, and a more effective parent of a young musician.

Don’t practice longer, practice smarter.

Jonathan Harnum is a multi-instrumentalist with over 30 years of experience practicing, performing, and teaching music. Harnum earned a PhD in music education at Northwestern University, and is the author of five music-related books.