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# An Alexander Technique Approach To Mandolin Technique

The Alexander Technique



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## Synopsis

This ebook uses the Alexander Technique principles of good posture and great technique to assist the mandolin player. It borrows from the classical guitar technique and describes how to create the most effortless technique on the mandolin for the left hand. It also goes into detail on how to use a shoulder strap painlessly. It also describes how to use the pick with ease, the ultimate speed, and comfort. It is the intention of this ebook to help the mandolin player find a personal technique and posture on the instrument that allows you to find the most mechanically advantageous way to play the mandolin. This ebook is filled with concepts that will help you explore what youâ™ve been doing technically, psychologically, and posturally on the mandolin, and to assist you in finding a way to play your instrument, so that the mandolin is easier to play and kinder to the body. Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. Please contact Mr. Kind if you have any questions about this ebook, suggestions that would make this ebook clearer and more expansive, or suggestions for other ebooks that you would like to see him write about. Mr. Kind can be reached at [www.ethankind.com](http://www.ethankind.com) and [ethan@ethankind.com](mailto:ethan@ethankind.com). DONâ™T HAVE A KINDLE? You can download the FREE Kindle application and read this ebook on your computer.

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Very good and helpful information. Well worth the money. However, be patient. It is long, redundant, disorganized, and filled with grammar and spelling mistakes, typos, etc. Don't let that stop you if you have no other access to the information. I already hurt much less, and I am enjoying my instrument more.

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