



# With Your Own Two Hands: Self-Discovery Through Music

*Seymour Bernstein*

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## **With Your Own Two Hands: Self-Discovery Through Music** Seymour Bernstein

Description: In *With Your Own Two Hands*, Seymour Bernstein teaches us what it can mean to reproduce masterpieces of music by our own efforts. He directs us to the truth that lies at the heart of music—the truth that binds the musical self to the personal self. He speaks to both the amateur and the professional musician about practicing, nervousness, physical coordination, sensory perception, choreography and technique. He elicits what is best in our nature, builds our self-esteem, and secures an enduring happiness with music.

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