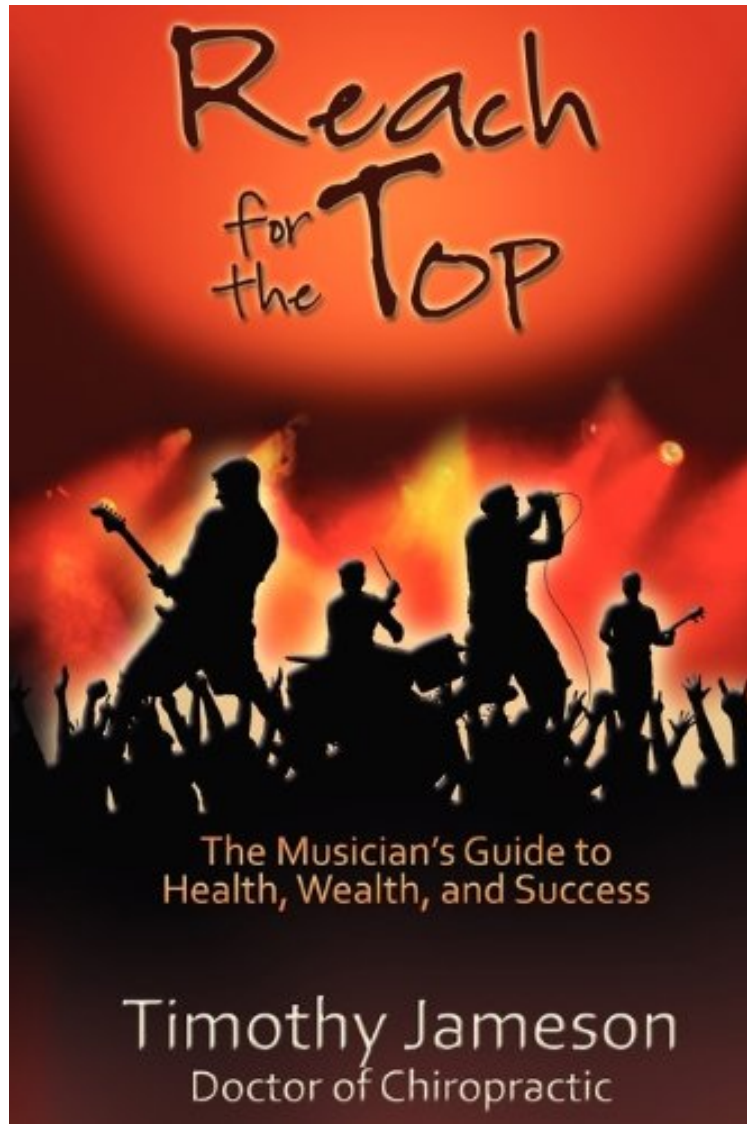


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Reach for the Top: The Musician's Guide to Health, Wealth and Success

Timothy Jameson, Jaime J Vendera
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Timothy Jameson, Jaime J Vendera : Reach for the Top: The Musician's Guide to Health, Wealth and Success before purchasing it in order to gage whether or not it would be worth my time, and all praised Reach for the Top: The Musician's Guide to Health, Wealth and Success:

0 of 0 people found the following review helpful. Great all around guide from a chiropractorBy CustomerAs the other reviews pointed out, this book is about mental physical and spiritual health for the musician, or anyone else for that

matter. It is a well rounded book. The author is a chiropractor and a worship pastor as well. He brings a different perspective from the medical community and as a musician himself. In other words, he uses this stuff in his day to day life. It starts out with answering the question of why is wellness is important for any musician. As a musician myself, I have had to cancel gigs or suffer through gigs because I was sick. Let me tell you, being healthy and feeling good is a must to stay on top of your game. The chapter on exercise might be boring for some people if you have been exercising for some time. If you don't know anything about exercise as a beginner, it is a helpful guide to the basics. The chapter on nutrition is brief and to the point. There are other books from Vendera Publishing that are more detailed and in depth than this book is if you need more information. Did you know there is a Musician's Diet? True to the chiropractor that he is, the author talks to us about spinal health, posture as it refers to the vocalist. My posture is usually bad unless I am singing classical music. I always need more reminders! He includes how to find a good chiropractor in your area if you have spine or pain issues. Our favorite subject-sleep is in chapter 5. If you ever needed the excuse to sleep in or take that well-deserved nap, here it is! I get reacl cranky and brain foggy if I don't get my 8 hours. How do you protect your voice from the toxic environment? You're going to find some helpful tips here. Most people don't think the mind has anything to do with wellness until they notice someone in their lives with depression, self destructing thoughts and speech, or drowning in negativity. Being around those kind of people suck the life out of you! He talks about routine, positive affirmations, journaling, and television influences. Garbage in equals garbage out. The author, as a worship pastor, takes a chapter to talk about his personal spiritual life and well as finding your own spiritual path. Music that you create or listen to should impact the world for the better. Are you doing that with your music? What is your purpose in life? He covers giving thanks, having faith, and finding God as a source of creativity in your life. If you don't believe in God, he says to just keep reading and have an open mind, but he does not push his beliefs on anyone. One of my favorite parts of the book was the chapter on the dangers of allopathic medicine. Chiropractors are more widely accepted in the medical field now, much more than in years past. It is because the world has been exploring other alternatives to wellness that don't include toxic drugs and surgery. Yes, modern medicine is great for emergencies and saving lives, but it doesn't offer much hope for longterm health except for the dependance of toxic drugs that carry more side effects than the original ailment. Anyway, he gives his insight into the issue. So overall, I would recommend this book to anyone that needs to make positive, major changes in their lives. If you feel you already have the basics down and need more detail in the same subjects, I would also recommend some of Jaime Vendera's books on health as well.

0 of 0 people found the following review helpful. Your Health is tied to your music..don't lie to yourself By danWOW... This book really points out the importance of one's total health to their ability to write beautiful music. This books sresses the importance of total health: health in the totality of physical, emotional, and spiritual wellness. Its starts off by sharing wisdom of implementing cardio, strecthing, and weight training to acquire a body fit to tour the world. What i love about the mental wellness section is the repetitive statements that what you put in is what you get out, i know, everyone knows that right? well, you will be suprised that T.V, certain music, and emotional and spiritual blockages can block your creativity and create for you " less than beautifull music". Music is indeed all equal, but we can all agree that some melodies are far more beautiful and timeless than others. That is a fact. Do you want your music to be played, heard, and praised 100 years from now? then this book is for you as its information puts you in a state of spirituality that is in essence, unlimited. From posture, mental visualization of success, and goal writing, this book is indeed complete. I loved it. What an awakening experience, and for that, I am truly grateful.

0 of 0 people found the following review helpful. Has it All By davidgr This book goes into extraordinary detail on mind, body and spirit where the musician is concerned. If you are a musician who practices a lot or who is actively playing shows then you should get this one to stay healthy and maintain a lot of energy. There is also a lot about the brain and how to get more energy, focus and even creativity. The bulk of the book is about stretching and working out, starting wide with the entire body and then zooming in with tailor made exercises designed for the particular instrument you play. In my case there are exercises which incorporate all the muscles involved in playing guitar, which is helpful to know when I'm on a six or eight hour tear trying to get songs written or preparing for recording. There is a lot about working out, which is always a concern with other busy people (finding the time and all), but it's manageable and staggered in such a way that even busy people can find time to do them. It also covers nutrition very well, and I found the section on vitamins and supplements particularly revealing since knowing how the body breaks down these vitamins really helps to discover the right supplements for me instead of throwing money away on things that don't really work. The author has written a very detailed book here and it's mapped out well and easy to read. I highly recommend this one.

Reach for the Top: The Musician's Guide to Health, Wealth and Success by Dr. Timothy Jameson , (author of Repetitive Strain Injuries: Alternative Treatments and Prevention) is a book specifically geared towards helping any musician master their mental, physical and spiritual well-being... Are you considering a career as a musical artist? Are you a musician or vocalist reaching a plateau in your career? Do you have a nagging injury that is holding you back from excelling in your musicianship? Are you looking for the secret clues that the highly successful musicians already know? Then this is the book for you! This book is a summary of what Dr. Timothy Jameson has learned about the

amazing attributes of the human mind, body, and soul over his 20+year career as a Doctor of Chiropractic and as a musician working week after week as a music director and worship pastor of his church. Dr. Jameson has spent many years working intimately with musicians, caring for human beings dealing with injuries, emotional stress, performance stress, and addictions. Through that time, Dr. Jameson has thoroughly enjoyed providing wellness enhancement, encouragement, and relief from debilitating injuries. This book was the result of one of my greatest joys; seeing a musician's career saved by chiropractic, and then allowed to flourish due to positive constructive coaching to work on the mental aspect of the game. Dr. Jameson says: I created this book in order that you can achieve a level of success that you only dreamed for your career. This book will set in motion your desires to reach the top! It is an action-oriented book that will guide you in your path to wholeness, wellness, and success. I believe it will be a workbook that you will keep in your travel bag, or next to your bed, so you can constantly revisit your goals, affirmations, and action steps to achieve the results you have desired for your life. I also created this book so that you can achieve a level of physical wellness that will allow you to perform music throughout your entire life. Musicians must care for their bodies to engage in the sport of music. In the pages that follow you will receive advice in everything from nutritional intake, stretching, exercises and breathing techniques to enhance your musicianship. I pray that this book encourages you to just GO FOR IT and not hold back due to fears or the what ifs. Set a path for greatness and then do not hold back even though the trail may be full of potholes, diversions, and roadblocks. You can do it! Thank you for reading this book, and may you be blessed by the information presented in the pages of 'Reach for the Top'.