

Mind Matters Overcoming Common Mental Barriers In Drumming

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book written by bernie schallehn a certified mental health and substance abuse counselor retired with degrees in behavioral science and counseling who is also a working drummer and frequent contributor to modern drummer mind matters provides insights and exercises for developing the mental and emotional skills that complement the physical and musical techniques employed by today s most successful drummers the book is meant to be read studied and practiced away from the drums and it can benefit drummers and other musicians at any level from beginner to advanced amateur to professional

drums echoed unveils the profound role of drums exploring how they transcended mere musical instruments to shape societies delving into drumming traditions worldwide the book reveals how drums served as vital tools for long distance communication strategic assets in warfare and central components of spiritual rituals discover how sophisticated signaling systems using drums developed in african societies allowed for rapid information transmission and how war drums instilled both fear in enemies and courage in warriors examining historical accounts and ethnomusicological research the book illustrates the evolution of drumming practices across diverse regions it begins by introducing the physics of sound and drum construction before detailing the evolution of drumming traditions across africa asia and the americas specific case studies highlight the drum s role in battles ceremonies and community gatherings ultimately drums echoed argues that drums acted as a fundamental technology fostering social cohesion and cultural expression by connecting musicology anthropology and history the book offers a holistic understanding concluding with the enduring legacy of these traditions in modern music

a practice used during long term construction activities on divided highways is to allow two lane two way traffic operations tltwo on one roadway while the other roadway is completely closed to traffic federal state and local officials have become increasingly concerned in recent years about safety problems in tltwo work zones this report presents the results of operational and accident studies of 36 construction sites employing either two lane two way operations or lane closure traffic control project cost information for four tltwo and ten lane closure sites was also analyzed results of the study were divided into four areas evaluation of centerline treatments on the two way roadway segment design of temporary median crossover roadways comparison of tltwo and lane closure operations and general results

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