



Mind Matters: Overcoming Common Mental Barriers In Drumming - A User's Manual for the Mind

Bernie Schallehn

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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.

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