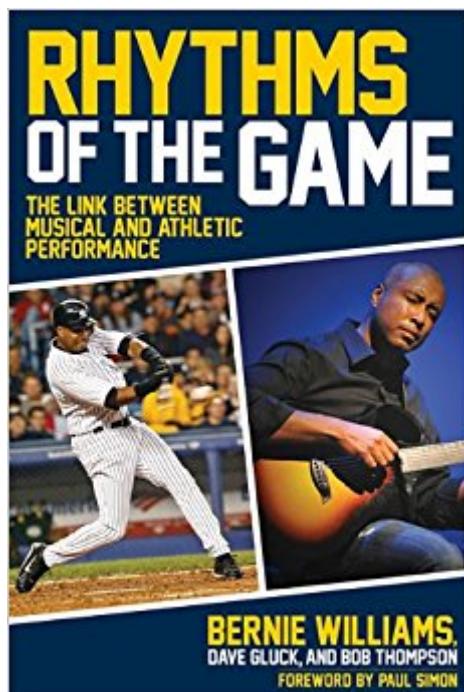


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# Rhythms Of The Game: The Link Between Musical And Athletic Performance



## **Synopsis**

(Book). Bernie Williams' ability to play major league baseball at a high level was directly influenced by his musical training and his deep understanding of the similarities between musical artistry and athletic performance. Through a series of conversations, narratives, and sidebars, the authors (Bernie Williams, Dave Gluck, and Bob Thompson) discover and reveal the influence of music and its rhythms on the game of baseball. Readers of *Rhythms of the Game* will gain an insight into the similarities between musical artistry and athletic performance. The book is written for musicians and athletes looking to improve their level of performance on the stage or on the field, as well as for a general audience interested in gaining a deeper understanding of the underlying influence of music on the game of baseball.

## **Book Information**

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## **Customer Reviews**

Dave Gluck is a percussionist/composer/arranger and professor of music at the State University of New York at Purchase, where he teaches in the studio-composition department. Bob Thompson is a Grammy-nominated producer and musician and is the founder and creator of The Baseball Music Project, a multi-media series of concerts celebrating the history of the baseball. Bernie Williams played center field for the New York Yankees from 1991-2006, winning a batting title, four Gold Gloves, and four World Series rings. He has recorded two albums, including *Moving Forward* in 2009, which was nominated for a Latin Grammy.

"Rhythms of the Game" is a very inspiring book by the only person ever who could have written it. Bernie Williams, a baseball legend from his 16-year career, is also a very accomplished musician. Retired from baseball, he has returned to his first passion, guitar, performing out on the concert circuit with his band. I've seen his live show and it's awesome! Bernie approaches music with the same humility and discipline that brought him to the height of fame in the field of baseball. He shows us how he thinks about his work. Doing so, he powerfully counters the image of the self-indulgent, out-of-control, highly paid sports figure that has come to dominate the news. This is not a book about being famous. Anyone can enrich any pursuit inspired by Bernie's example. Certain principles govern the arts, sciences, sports and all disciplines. Having achieved excellence in both a sport and an art, Bernie Williams generously imparts wisdom gleaned from his unique life's journey.

I purchased this book for my son who is a baseball fan and was a professional guitar player for many years. He's over 50 and has been an avid Detroit Tigers fan since he was eight years old. Because we live across the river from Philadelphia, he's also a Phillies fan. When I saw Bernie Williams interviewed on a TV show recently, I thought his book would be the perfect gift for my son. I was very pleased to find it at a reasonable price on the website. I have not read it, so I cannot give a review on the book itself. But I expect my son will enjoy reading it when I give it to him with his other Christmas gifts. I think he'll be surprised. He also played baseball from the days of Little League, Babe Ruth, High School, and adult games thereafter. And now he plays basketball weekly with a bunch of guys. And he still plays guitar. So maybe he experiences the "link between musical and athletic performance".

This is an inspirational and insightful book with much to recommend as a model for the professional and/or aspiring musician and or athlete. Harrison Goldberg jazz saxophonist

We ordered two of these books to give as Christmas presents. Bought them used and they were in PERFECT condition. Delivery time was quick. The book is great! My son is a baseball player who loves music and plays two instruments. He shared this with his music teacher. It's a wonderful comparison of athleticism & musical talent.

GREAT book! I thoroughly enjoyed it!

Great book - wonderful insights

I give it 5 stars - It's comparable to the Inner Game of Tennis and the Inner Game of Music.

Not a conventional sports/baseball book. Really gets into music and similarities with baseball. Info beneficial to aspiring musicians and ballplayers.

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