



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

Timothy Jameson, Jaime J Vendera

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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'.

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