



Hands, Wrists, Fingers Creative Health for Musicians

By Pedro de Alcantara

Pub Date: 02 September 2025

Binding: Paperback

Price: £29.99 / \$39.95

ISBN: 9781839994067

Extent: 200 pages

Size: 153 x 229 mm / 6 x 9 inches

BISAC CATEGORY: MUSIC / Essays MUSIC /

Instruction & Study / Exercises, MUSIC /

Instruction & Study / Techniques

BISAC CODE: MUS055000

BIC CODE: AVS

RIGHTS

Exclusive: WORLD

Offers concepts and tools to help musicians of all abilities become comfortable using their hands in healthy and expressive ways

Hands, Wrists, Fingers is a practical book offering concepts and tools to help musicians of all abilities become comfortable using their hands in healthy and expressive ways.

Readership

Musicians of all abilities looking for new, healthy ways of expressing their creativity with their hands.

Key selling points

Practical book with a wealth of original exercises

Useful to musicians of all abilities

Offers insights on the relationship between creativity and health

Holistic, informative, entertaining, and eye-opening

About the Author(s) / Editor(s)

Pedro de Alcantara is a musician, writer, and artist. His books include five volumes of musical pedagogy published by Oxford University Press, as well as novels, poems, and essays.

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