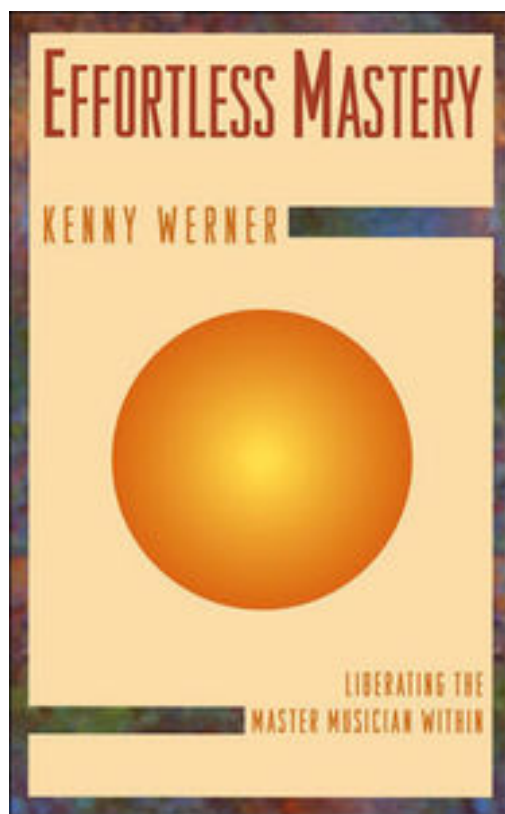


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Note: The original book includes an audio CD of meditations narrated by Kenny to help the musician reach a place of relaxed focus. These meditations are available as a free download directly from Kenny Werner's website at [http://kennywerner.com/wp-content/uploads/Effortless\\_Mastery\\_Tracks.zip](http://kennywerner.com/wp-content/uploads/Effortless_Mastery_Tracks.zip)

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