

## **WALKING UP THE MOUNTAIN TRACK**

**Review by Kelvin Grout**

Dearest Eric,

Thank you, thank you, thank you, for sending me your book, what a wonderful read it is. For the first time in years, I picked up a book, your book, and immediately read it for a second time, so absorbed was I. My apologies for the delay in responding, but like so many musicians I am sometimes so immersed in my thoughts behind the piano and time seems to pass me by without my noticing and now I have read your book, I understand I am not alone.

I seldom read books on music, they somehow destroy the beauty of the subject and I personally hate new 'methods' that appear online virtually every week, so generally I just avoid anything in print on the subject. How can one write about something that is firstly audio based and secondly involves so much in the thought process, something that is private and personal to each musician?

All performers eventually realise that in music there is so much more than the purely physical, something that stems from a more 'spiritual' world, possibly a more magical experience. These days the pseudo-scientific world will try telling us that, that is nonsense, even telling us that everyone is musical and it is just notes, no more! Then along comes your book and suddenly everything is clear, we are not alone, we performers share many common experiences.

Zen, seems to me, an ideal explanation of what we endeavour to avoid physically and mentally, here for the first time in print is a more than valid explanation of performance and practise techniques that can only lead to a better understanding of the composer's intentions and much more. I also believe that the observations revealed within your book could help the ever-increasing number of young pianists suffering stress injuries. It would certainly help if more teachers would open their minds to this world of Zen at the keyboard.

Your book will be an inspiration for generations to come and you will find me promoting it whenever and wherever I find the opportunity. Congratulations and once again thank you.

Kelvin Grout