



# **Guitar Wellness: A Simple Step-by-Step Method to Help You Achieve Greater Mind-Body-Spirit Balance**

*Daniel B. Zurich*

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## **Guitar Wellness: A Simple Step-by-Step Method to Help You Achieve Greater Mind-Body-Spirit Balance** Daniel B. Zurich

There are numerous popular modalities for wellness, from yoga and meditation to aromatherapy to the martial arts. In *Guitar Wellness*, author Daniel B. Zurich offers a surprising new method: playing guitar.

An intriguing combination of music therapy, yoga, and meditation, the Guitar Wellness Routine is a finely tuned instrument for achieving greater mind-body-spirit balance that allows you to bring about a reflective, relaxed response using music or sound as a mantra.

Written for novices and experts alike, this book offers much more than step-by-step instruction. You'll also find a treasure trove of resources on guitar, music theory, wellness, and Eastern philosophy.

Throughout the book, Zurich exhibits a deep connection with well-being, love for the guitar, and passion for helping people discover inner peace and harmony.

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