

• Zen and the art of violin practicing.	04
• Why do we play the violin	10
• How to choose a teacher	14
• Preparing for a lesson	25
• The way to practice	30
• The circle of concentration	47
• Choosing repertoire	51
• Balancing our Ego	53
• Stage fright	61
• Teaching	80
• My rules of playing Bach solo sonatas and partitas.	87
• The End	93