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Guitar Lesson – How To Practice Guitar

By David Taylor

If desire is the most important part of learning guitar(without it you wouldn't have even started), then concentration is the most important part of practicing guitar.

I often say to people that 20 minutes of focused practice can beat, hands down, 2 hours of `normal' practice, or just goofing about.

Many people are discouraged when they are told how much time they must put into practice. The truth is, you don't have to practice all the time to be a good guitarist.

(I'm not saying you shouldn't have time to goof off and play around. But if you want to improve quickly, you must keep playing guitar and practicing guitar separate.)

Let me tell you now...

It isn't how much time you put into practice, it's the quality of the practice that matters.

When I play guitar, I play to have fun, I play to perform for people, and I play for the fun of playing! That's why I started learning guitar in the first place.

But when I practice guitar, I focus and concentrate on what I'm trying to achieve, and I work on the goals that I want to complete.

You see, if you completely focus on one thing you are more likely to do it well.

This may sound simple too to some. Some of you may be thinking "this is great, I only need to practice 20 minutes a day and ill improve more than I would if I practicing 2 hours a day".

Well that's not exactly true.

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Its how focused your practice is that counts, not how long you practice. Can you really focus for 2 hours?

Let me give you this small example to illustrate my point.

Picture a red triangle inside a black box.

Close your eyes, and keep that image in your mind for 5 seconds without letting a single thing distract you - no other thought must enter your mind for that 5 seconds...

How well did you do? Be honest with yourself.

This isn't an easy thing to do. Most people find this difficult at first. Its difficult to keep a focused mind like this.

I hope this example has shown you that it's not that easy to keep focused attention & concentration for long periods of time.

But still, you must always remember that its quality and not quantity of practice that makes the difference between a great player and an average player.

This is a perfect time to tell you that you shouldn't be spending hours and hours `practicing', because you simply can't focus for that amount of time.

If you are practicing for a solid 2 hours or more you are probably not helping your development as a guitarist that much.

A much better way of using this time is to practice in bursts.

A good idea would be to practice in bursts of 20 minutes or so. You can vary it depending on what you feel like doing, but try not to practice for long periods of time in one go. It's not helping as much as you think it might be.

Also, it's important to take breaks from what you're practicing. You can do something else for awhile, go for a walk, watch TV, or maybe just play around and have fun with your guitar and loosen up a bit before you start focusing on practice again.

It is important for you to have a definition in your own mind of `practicing guitar' and `playing guitar'.

This will keep you more focused and allow you to reach your goals as a guitarist much easier.

An exercise for you to try to help you further develop concentration is to sit silently and count slowly from one to ten in your mind.

If anything should interrupt your counting, whether it is a noise, a stray thought, or the awareness of

your own breathing, you must start over from one.

Again, it's unlikely you will be able to achieve this straight-away. It's a hard thing to do. However how out and 'Zen' this exercise may seem, it will re-focus your mind on the task in hand, and it'll help you learn faster if you can stay focused on what you're practicing.

You should try this exercise whenever you start to feel like you're losing your focus.

Find more free guitar lessons here:

<http://www.guitar-secrets.net>

Learn to Play Guitar Online – Discover Guitar Lesson Tools.

By Anna Rowe

You can learn to play guitar online – and it's never been easier.

Whether you wish to become a jazzy crooner, a country strummer or a jamming rock star, the guitar is one of the easiest instruments to learn. There are a variety of lessons, tools and help out there in cyberspace. And, you can learn enough to strum along with your first song after only one lesson!

To learn how to play guitar online, you need several tools in addition to your guitar. Some guitar lessons and tools designed to assist you in learning how to play guitar online, include:

- Step-by-step guitar lessons.
- Chord lessons and chord charts.
- Guitar tab lessons.
- Song lyrics with chords.
- Guitar lesson ebooks and software programs.
- Sheet music
- Sound files and guitar jam tracks.
- Online guitar site forums.

If you are a beginner, look for online guitar lessons directed toward the new guitar player. These lessons should include the basics, such as; how to hold a guitar, choose a guitar, basic chord instruction, learning frets and how to choose guitar accessories.

Of course, the beginning guitar player will need charts for learning the various chords, so, at the very least, look for these visual aids. With practice, it won't be long before you'll be ready for intermediate guitar lessons.

The intermediate guitar player can also benefit from quality online guitar lessons and resources which illustrate the many chords. Furthermore, intermediate guitar players will be interested in learning to read guitar tablature.

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There are many websites that offer free guitar lessons, but you may choose instead to get help with an online guitar lesson program. Although there's nothing wrong with teaching yourself guitar for free, many beginners find that it's easier, and faster, to learn to play guitar from a pro.

With professional guitar instruction, you'll learn how to play guitar the correct way, while learning which mistakes and bad habits you must avoid. It's truly a highly effective way to learn to play guitar. You'll learn valuable tips and techniques designed to reduce the confusion and frustrations that many people experience when learning to play a new instrument.

By choosing a guitar lesson program, developed by a professional guitarist, you'll get all levels of training needed. Most professional online guitar lesson programs are very affordable, and come with all the "bells and whistles" of proper guitar learning.

In Closing:

It's never been easier to learn to play guitar online. Of course it takes practice, but many of the greatest guitarists taught themselves most of what they know about guitar playing. Because of the Internet, you can play along with guitar jam tracks, learn unusual chords, find chords and lyrics for songs you want to learn, and even learn to read guitar tablature.

You can even join an online guitar players forum to get one-on-one help, support and to ask questions. And because of the high demand of learning guitar online, if you choose to invest in an online guitar course, the prices have never been lower than they are today.

Article by Anna Rowe. Visit her

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