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**Introduction to Music Publishing for Musicians** Bobby Borg, Michael Eames, 2021-06-03 At a time when artists are independently releasing their own music and acting as their own self publishers there has never been a greater need for a simple and easy to read introduction to the business and creative aspects of music publishing for musicians Written by two musicians and industry pros with decades of experience Introduction to Music Publishing For Musicians is organized into seven clearly written sections that will help musicians save time and avoid getting screwed Topics include the basics of copyrights types of publishing income publishing companies and types of deals creative matters of music publishing and things you need to know about music publishing s future The book features Short digestible chapters written in a conversational tone to keep artists focusedSection by section FAQs that expand on key issues that musicians encounter todayBoxed text stories featuring current events to emphasize key conceptsInterviews with top beat makers collaborators and more to provide secrets of successA glossary to help you keep track of important publishing termsPublishing resources offering to help you place and promote your musicChapter guizzes and activity assignments to help measure your knowledgeBobby Borg and Michael Eames have created a compact simple and easy to read overview of today s music publishing industry that caters to both students and musicians songwriters producers beat makers and more who want quick up to date credible and relatable information so that they can get back to doing what they like best creating music The Publishers Weekly ,2000 **Gramophone** Compton Mackenzie, Christopher Stone, 2007 The Walking Solution Lee Scott, Michele Stanten, 2019-06-24 If you re a fitness professional eager to expand your program offerings a wellness coach who wants to help your patients become more active or a personal trainer trying to attract new clients walking can be your low cost solution Learn the techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability The Walking Solution will help you create innovative programs to engage individuals across the fitness spectrum Introduce a program for inactive individuals to get moving or challenge experienced clients with a new cross training activity In The Walking Solution you will discover the four progressions of walking technique how to increase intensity and how to incorporate strength building exercises to get the most out of every walk Clear instructions and photos show the dynamic and static stretches that help to ensure safety and improve performance Case studies describe unique and successful walking programs that you can customize for your own clients You will also learn the key business strategies that allow you to increase revenue and reach new audiences to expand your clientele You will also get access to customizable business development resources such as waivers and marketing plans Transform lives using the simple and effective strategies in The Walking Solution and help all your clients experience improved mental and physical well being Get your clients and your business moving today Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a

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Walk It Off! Mark Fenton, 2002

Walk Off 30 Lbs Alma Fulford, 2018-06-25 Do you wish you could lose weight with less effort or do you wonder if you can walk off weight Are you tempted to find out if you could lose a pound just by walking Do you feel stagnant stuck in a rut and ready for a change Are you terrified of ending up old having wasted years of your life unhappy If you are always making excuses you ll never know the limits of your capabilities Is this positive for you Walk Off 30 LBS No Need To Sweat Any More teaches you every step including a weight loss plan for becoming more fit This is a book of action and doesn t just tell you to try harder Life rewards those who take matters into their own hands and this book is where to start Walk Off 30 LBS is full of real life methods for people just like you proven techniques that have worked for many people These methods are backed up countless studies all of which will arm you with a mindset primed for success fitness and proven walking plan for shedding unwanted pounds Easy to implement small changes and practical takeaways for immediate action What happens if you spare some of your time for walking Learn what walking can do for you How many miles do you need to walk to lose your target number of pounds What could you achieve when you increase the intensity of your steps Simple ways you need to follow to improve the way you walk How will you develop self motivation Find some time to exercise despite your busy work schedules How to improve your health Tricks in controlling the pace and distance when you re walking How to plan and develop your own walking routine What happens when you unlock milestones of your life Be ready to become a better version of yourself Wake up every day with high energy and desire Inspire yourself and others to gain the life you want Start your journey towards becoming fit and healthy Find out how to let go of your sedentary lifestyle and take flight towards being confident period Create the healthy life and excitement you want Try Walk Off 30 LBS No Need To Sweat Any More today by clicking the BUY NOW button at the top right of this page P S You ll be on your way to getting happy within 24 hours Walkina: Weight Loss Motivation April Stride, 2015-07-25 1 Best Seller Find the Motivation to Walk Your Way to Health No matter how much time you spend on your work and family there s no escaping the fact that you have to take care of yourself too Have you ever wished you could get up off the couch and get healthier Don t wait let Walking Weight Loss Motivation Workout Plan to Burn Fat and Lose Weight give you the courage and energy you need to succeed TODAY You ll discover the many benefits of walking both physical and mental Walking Weight Loss Motivation Workout Plan to Burn Fat and Lose Weight helps you understand when and where to walk what to wear and how to get others involved in your healthy habit It gives you the motivation you need to truly succeed Walking Weight Loss Motivation Workout Plan to Burn Fat and Lose Weight also helps you understand how to get the right nutrition for weight loss If you watch what you eat choose clean foods and hydrate your body you ll see even greater results in your walking habit Learn what slimming foods you can try RIGHT NOW In this book you ll discover an Amazing Workout Plan for Losing Weight and Burning Fat These workouts will strengthen your abs

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