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INTRODUCTION

Concerned with how as well as what to play, *Whole Notes* is both a piano method book per se and, more importantly, a guidebook to accompany your personal journey into music.

Posture, practicing, mental and physical health, using weight and force, economy of movement and expression are some of the topics addressed. These themes are amply explored through detailed piano arrangements of my compositions, and they are clearly connected to principles of physics, anatomy and holistic development as well as music theory, rhythm, analysis and composition.

These themes and principles are of universal interest to all musicians. As a practical inquiry, *Whole Notes* offers many options for creatively applying and integrating them for individual use. For this reason, the needs of non-pianists are also discussed.

It is a privilege to be human and to have the opportunity to work through life's challenges. Throughout my musical development, I've been blessed with gifts and allies. In *Whole Notes*, I pass on these gifts to you, the reader. I hope that you will find it useful and enjoyable.

My deepest gratitude goes to my teachers and mentors, colleagues and students, friends and family, living and deceased, for their guidance, inspiration and support during my life.

I want to thank Veronika Gruber of Advance Music for encouraging me to create this book. Without her suggestion and patience, *Whole Notes* simply would not exist.

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Armen Donelian

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