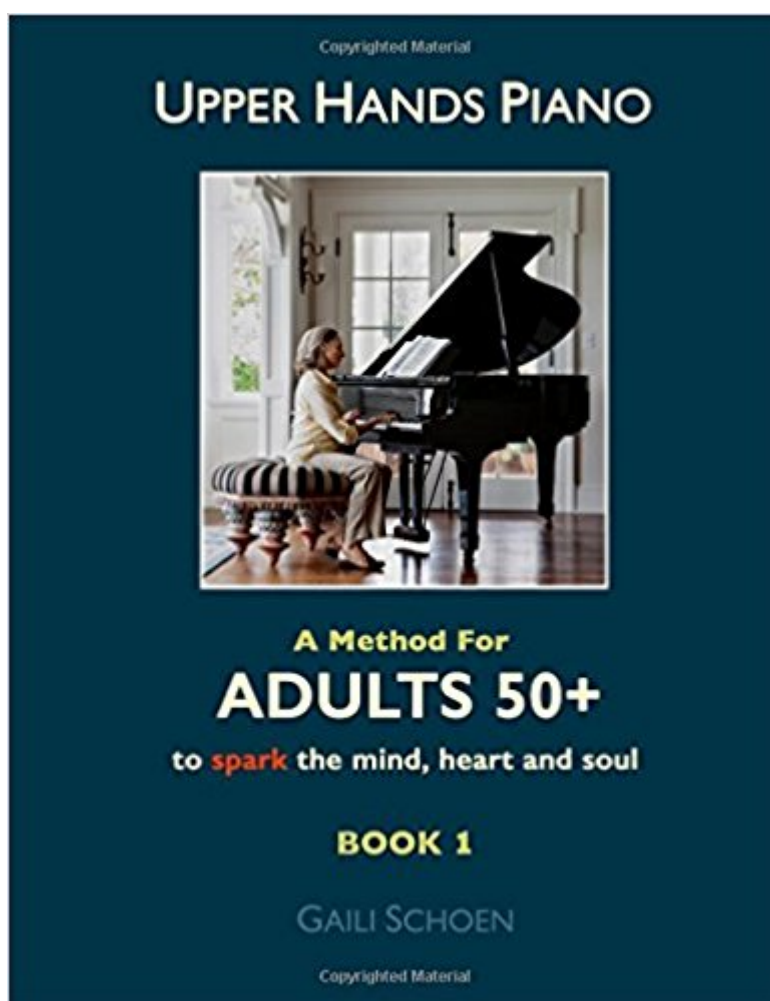




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# Upper Hands Piano: A Method For Adults 50+ To SPARK The Mind, Heart And Soul: Book 1 (Volume 1)



## Synopsis

A fun, easy-to-follow introduction to classical, jazz and popular piano that exercises your brain! This is truly an All-in-One Piano Method which includes Lesson, Theory, Note Speller, Technique, Chord Symbols and Brain Training. It features melodic songs and pieces that are fun to play including Eine Kleine Nachtmusik, Ode To Joy, Santa Lucia, Careless Love, and Blow The Man Down.

## Book Information

Paperback: 120 pages

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Average Customer Review: 4.4 out of 5 stars 18 customer reviews

Best Sellers Rank: #376,302 in Books (See Top 100 in Books) #64 in [Books > Arts & Photography](#)

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[> Music > Instruments > Piano](#) #1415 in [Books > Humor & Entertainment > Sheet Music &](#)

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## Customer Reviews

A veteran piano teacher of 30 years, Gaili Schoen fell in love with teaching older adults in 2002, when she obtained her first student over 90! She coined the term Piano Geragogy to distinguish her pioneering study of how piano teachers can best support older adults in learning and retaining new musical concepts and piano skills. Gaili created Upper Hands Piano because none of the existing adult methods addressed the particular needs and desires of her older adult students, and she had become fascinated with the idea of students learning the art of piano playing while increasing their brain power. Since then, Gaili has carried on a decade of passionate research into ways that piano lessons can advance neuroplasticity (the brain's capacity to generate new neural cells and pathways), improve memory, alleviate stress, and bring joy into the hearts and souls of piano students 50+. In addition to teaching, Gaili is also a professional jazz pianist, and composes and orchestrates music for film and documentaries. She is best known for her scores for the director Henry Jaglom's art films, Festival in Cannes and D'ÃfÃf Vu, and for the PBS documentary Annie Leibovitz: A Life Through a Lens.

I am amazed that non-musical me is learning to play the piano and enjoying it all the way.

Excellent for older adults. Easy to follow, and insightful.

Book was difficult to open and use. It needs a different binder.

Easy to follow and I actually look forward to practicing every day. I am finally starting to read music and be able to plunk out melodies on my piano. I highly recommend this book!

Working so beautifully. Love the way it matches me cognitively!

I love this book! I was forced to take piano lessons as a kid, but only memorized the songs. I am now interested in learning how to read notes and be able to play with confidence. This book is perfect for beginners and those who have not touched a piano for many years. It is a step by step introduction to music. I have been going at my own pace; and after going through most of Book 1, I had my first lesson. Included in the book are Musical Mind Games to stimulate your memory and they make the learning fun. I like the idea that I can improve memory and concentration and have a good time with this hobby. The feeling of accomplishment is wonderful. I can't wait to get to the piano every day.

This book is written for more mature adult but anyone would benefit from this simple easy to understand approach to learning piano. Includes wonderful historical snippets, practice drills, and even games -- all designed to further one's musical education and ability. Both my mom and the kids will use it.

I LOVE IT! Very helpful resource to supplement my piano lessons.

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