



# My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work

*By Michael Colgrass*

Download now

Read Online ➔

## **My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work** By Michael Colgrass

Psychological principles and skills applied to performance and presentation, taught through fictional narrative and lessons/exercises. Michael Colgrass combines neuro-linguistic programming, mime, creativity, hypnosis, psychology and Grotowski physical training in this engaging teaching tale. Nick's encounters with his teacher, Kumi, become one of the most comprehensive self-development chronicles ever written.

⬇ [Download My Lessons With Kumi: How I Learned to Perform Wit  
...pdf](#)

📖 [Read Online My Lessons With Kumi: How I Learned to Perform W  
...pdf](#)

# My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work

*By Michael Colgrass*

**My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work** By Michael Colgrass

Psychological principles and skills applied to performance and presentation, taught through fictional narrative and lessons/exercises. Michael Colgrass combines neuro-linguistic programming, mime, creativity, hypnosis, psychology and Grotowski physical training in this engaging teaching tale. Nick's encounters with his teacher, Kumi, become one of the most comprehensive self-development chronicles ever written.

**My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work** By Michael Colgrass **Bibliography**

- Sales Rank: #1465324 in Books
- Published on: 2000-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.78" h x .83" w x 7.33" l, 1.45 pounds
- Binding: Paperback
- 413 pages

 [Download My Lessons With Kumi: How I Learned to Perform Wit ...pdf](#)

 [Read Online My Lessons With Kumi: How I Learned to Perform W ...pdf](#)

## **Download and Read Free Online My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass**

---

### **Editorial Review**

#### **From the Author**

My Lessons With Kumi is a novel based on ideas I've gathered from experts in many fields over a period of three decades. Special credit goes to John Grinder and Richard Bandler, the original co-creators of neuro-linguistic programming (NLP), whose ideas are woven into this teaching tale. I have learned much from NLP developers Steve and Connirae Andreas, Leslie Cameron, Judith DeLozier, Robert Dilts, David Gordon, Michael Grinder and Steve Lankton. The ground-breaking work of family therapist Virginia Satir and hypnotherapist Milton H. Erickson also inspired me. Affectionate thanks to Toronto psychiatrist Raymond D. Leibl, M.D., in whose study group I first experimented with many of the ideas that led to this book. Also to Paul Madaule, director of The Listening Centre in Toronto, for his speech therapy techniques. My worldwide theater studies have shaped much of My Lessons With Kumi. I want to thank Stanislaw Brozowski of the Polish Mime Theater, and Richard Cieslak and Jerzy Grotowski of the Polish Theater Laboratory for their techniques in physical training. To actor/teacher Bill Hickey and voice teacher Eugene Brice of the H-B Studio in New York I owe my acting and vocal training. Thanks also to the actors of New York's Open Theater for teaching me the laughing exercise. My sources for natural healing through nutrition are numerous, including Adele Davis, Lavon J. Dunne, Julian Whitaker, M.D., and James and Phyllis Balch. From my wife, Ulla, I learned how to translate their nutritional knowledge into delicious meals. Many professionals and friends read my manuscript and gave valuable suggestions or technical information: computer specialist Alan Hahn; violinist and student of psychotherapy Janie Kim; actor/theater manager Jens Kohler; composer and teacher David Maslanka; computer software manager Bruce Anderson; graphologist Gloria Lokay; occupational therapist Roula Makhlouta; neurosurgeon Samuel Brendler, M.D.; performer/teacher/educator Kenneth Radnofsky and book producer/literary agent, Sandra J. Taylor. Special thanks to editor Steve Andreas for his incisive edits and suggestions, and for understanding what this book is about. I enjoy the mixed blessing of living in a family of professional editors. I am grateful to my wife, Ulla, whose ruthless red pen made this book more readable, and to the laser-eyed scrutiny of my screenwriter son, Neal, whose suggestions added life to My Lessons With Kumi. Most of all, my appreciation for Ulla's patience in sharing her life with this book for eight years.

#### **From the Back Cover**

Michael Colgrass combines neuro-linguistic programming (NLP), mime, creativity, hypnosis, psychology and Grotowski physical training in this intriguing teaching tale. In this adventure, Nick, a disillusioned New Yorker, has lost his job, his marriage and his confidence. High in the Montana mountains he finds a mentor, named Kumi. In the dance between Kumi's cajoling and humor, Nick undergoes a rigorous training of mind, body and spirit that transforms his personal and professional life. Nick's notes on his growth and progress serve as a step-by-step handbook for the reader. This book is for entrepreneurs, performers and readers in search of a gripping spiritual and intellectual adventure that enlightens as it entertains.

**AUTHOR BIO:** Michael Colgrass is a composer, writer and lecturer, who gives personal development workshops all over the world for performers, students and professional groups. A graduate of the University of Illinois, he is a Tanglewood scholar, twice Guggenheim Fellow, and winner of the Pulitzer Prize for Music. He won an Emmy for the PBS documentary "Soundings: The Music of Michael Colgrass," which features his unique teaching methods. The Rockefeller Foundation created a special program for Colgrass called "Artist in the Theater at Large," which led to studies in mime, acting, dance and directing in New York, commedia dell'arte in Milan and avant garde theater with Jerzy Grotowski's Polish Theater Laboratory in Wroclaw, Poland. In 1985 Colgrass became a certified trainer of neuro-linguistic programming

(NLP) and today combines these techniques with his 45 years of professional performing experience in his "Excellence In Performance" workshops. He has trained more than 25,000 people in Europe, Britain, South America, South Africa, Indonesia and throughout the United States and Canada. Colgrass's strategies for creativity were modeled by NLP co-founder John Grinder and also by Robert Dilts and David Gordon, and are described in Dilts's book, *Tools For Dreamers* (1991). Colgrass originated "Deep Listening," a technique for using hypnosis with audiences to heighten concentration, which is featured in the book *Leaves Before The Wind* (1991), a collection of innovative NLP ideas edited by Charlotte Bretto, Judith DeLozier, John Grinder and Sylvia Topel. His articles on creativity and life skills have appeared in *The New York Times*, *The Christian Science Monitor* and *Music Magazine*. His first book, *My Lessons With Kumi*, is the summation of his work as a trainer and performer.

#### About the Author

Michael Colgrass is a Pulitzer Prize-winning composer and the author of two books, "My Lessons with Kumi" and "Adventures of an American Composer." A former jazz drummer and classical percussionist, he has freelanced with the New York Philharmonic, Dizzy Gillespie, the "West Side Story" orchestra on Broadway and the "Stravinsky Conducts Stravinsky" series for Columbia Records, among others. A composer for more than 40 years, he has written for the New York Philharmonic, the Boston Symphony and other world-class ensembles. He also gives performance workshops around the world. He lives in Toronto and makes his living internationally as a composer.

## Users Review

#### From reader reviews:

##### **Maria Vanness:**

Do you certainly one of people who can't read pleasant if the sentence chained within the straightway, hold on guys this kind of aren't like that. This *My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work* book is readable by you who hate those straight word style. You will find the details here are arrange for enjoyable reading through experience without leaving also decrease the knowledge that want to give to you. The writer associated with *My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work* content conveys objective easily to understand by most people. The printed and e-book are not different in the content material but it just different such as it. So , do you continue to thinking *My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work* is not loveable to be your top list reading book?

##### **David Hernandez:**

The feeling that you get from *My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work* is a more deep you searching the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to be aware of but *My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work* giving you buzz feeling of reading. The writer conveys their point in a number of way that can be understood by simply anyone who read this because the author of this book is well-known enough. This specific book also makes your own vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We advise you for having this *My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work* instantly.

**George Sanders:**

Reading a e-book tends to be new life style within this era globalization. With studying you can get a lot of information that will give you benefit in your life. Along with book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their reader with their story or maybe their experience. Not only situation that share in the textbooks. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors in this world always try to improve their expertise in writing, they also doing some research before they write on their book. One of them is this My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work.

**Nathaniel Thomas:**

What is your hobby? Have you heard this question when you got scholars? We believe that that query was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. And you know that little person including reading or as reading through become their hobby. You should know that reading is very important along with book as to be the matter. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You get good news or update in relation to something by book. A substantial number of sorts of books that can you take to be your object. One of them is niagra My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work.

**Download and Read Online My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass #6R2BSQDI9L1**

# **Read My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass for online ebook**

My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass books to read online.

## **Online My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass ebook PDF download**

**My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass Doc**

**My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass Mobipocket**

**My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass EPub**

**6R2BSQDI9L1: My Lessons With Kumi: How I Learned to Perform With Confidence in Life and Work By Michael Colgrass**