



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

By Michael Colgrass

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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.

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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.

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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.

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