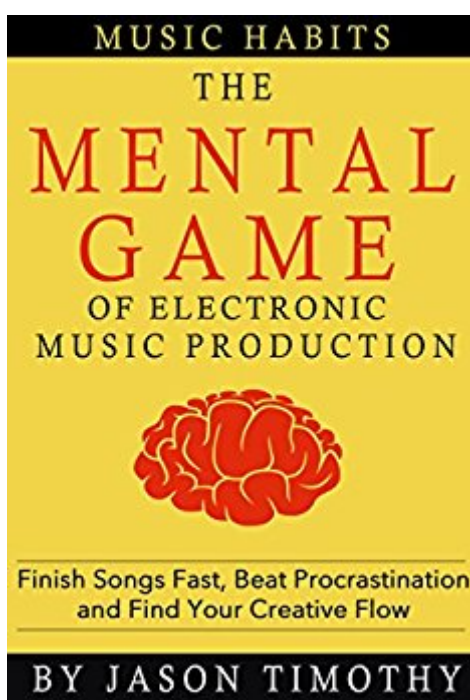


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# Music Habits - The Mental Game Of Electronic Music Production: Finish Songs Fast, Beat Procrastination And Find Your Creative Flow



## Synopsis

Music Production can be an elusive art form for many, and the challenges that face someone who is new to this can easily create overwhelm and lead to complete paralysis. The goal of this book, is to cover music production from many different angles in a way that will change your thinking on the subject and build your confidence. Music making is a very mental and psychological game, and more often than not, all the technical stuff can hold you back from achieving your goals if you don't have the right creative habits in place first. With all the information available with a simple Google search, I wanted to really get to the heart of things that aren't being discussed nearly enough. I want to clear out all the garbage you may have been told and replace it with the essentials you can put to immediate use. Many people new to music may dive into forums and mindlessly watch video tutorials attempting to gather more and more information until they think they have enough to get going (hint: you never feel like you know enough). That would be like reading a whole encyclopedia and then being asked to recall only the important things that will get you from point A to point B. Even worse, much of the information you get will contradict the last thing you read. It's like finding a needle in a haystack only to be told it's the wrong needle. There is a much better approach. It's an approach that doesn't require you to know a lot to get started. You only need to know enough to get to the next step in your process. There is truly nothing stopping you from becoming a music producer. The ones who are successful now are the ones who started from nothing and chipped away at it until they found a way to express their unique voice. There are no gatekeepers making decisions on who is worthy and who isn't. The determining factor is you, your habits and your confidence in yourself. This book can be read from start to finish, or as a choose your own adventure, going directly to what you think can help you most right now. Don't get caught up thinking you have to devour everything before getting started. That isn't necessary, and isn't the point of the book. The core concepts in the book will come up time & time again which should help you retain them & be able to recall them when the need arrives. By exploring these concepts from several angles you should gain a broad view of their many uses. My hope is that this book is used as a toolbox. You simply find the right tool that moves you forward and get back to work. So few people, who have more than enough information in their heads, ever start. Of those who do start, even fewer finish what they started and are satisfied with the results. I want you to be in that small group of finishers. Let's get started.

## Book Information

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## Customer Reviews

This book will help you stop spinning your wheels and actually finish your productions, improve your production skills, and develop your own original sound. It will give you insight into how to make better use of the time you already spend on music and give you ideas for how to find even more time for it. It also has some great tips on the creative and technical aspects of production, including developing melodies, basses and rhythm, and EQ, mixing, compression, reverb, delay, filtering, etc. The author is a successful producer and also includes tips on getting noticed and getting signed to a label. I think that a wider audience of musicians and producers would benefit from the book, not just electronic musicians and DJs.

about being a musician, or even about just doing SOMETHING with music at all, this book will motivate you. I actually read this book for free during a Kindle Unlimited trial and then bought it afterward. Why? Well one to support the author for such a great book and two, because this book is the the manual I need when I am creeping back into the abyss of multi-task mode where literally nothing gets accomplished. This book is also about overcoming the fear of creating and progressing

or getting creatively blocked and how to get out. I have highlights running throughout the book and detail notes that I come back to for all the ways to stay on track and finish songs and projects. It really could be more generalized and applied to anything you want to accomplish really just by subbing out specifics for what you want to accomplish and get better at. You have to create your own path for your vision and structure to make it reality, lose the fear and stop over-analyzing yourself. That is the gist in a sense but the book gives you myriad ways to find all that. If you are feeling directionless or even paralyzed by the daunting task of what you want to do, buy this book and make it reality.

The ideas and principles in this book have single-handedly gotten me back in the studio and helped turn down the volume on my inner critic that often keeps me from moving forward towards track completion. It reads more like a conversation you might have with a mentor that understands the struggles you are facing and isn't afraid to recount their own mistakes, pitfalls and triumphs as a way to pull you forward. The main takeaway for me is this: make music everyday; avoid distractions; keep finishing tracks--whether they are just for me or for others.

This is an inspiring read and most of it is relevant and applicable to practically any other goal or dream you have. He makes excellent points with tips, tricks, challenges, advice and a little humor. Honest and refreshing as it brings up obstacles that probably all of us face when working towards something. I recommend this if you produce music or you want to. • Your musical heroes are not really heroes, they are arrows pointing in the direction of your own potential. • You are putting something new into the world. • Create your own dent in the Universe. •

If Seth Godin and Phil Jackson teamed up to write a book about music, it just might be something like "The Mental Game." Because here, Jason Timothy isn't talking only about music; he's also incorporated truths about human motivation, habits, and ... yes, hard work. Oh, and music. There has never been a time when the single musician • producer, artist, or amateur • has had more tools at his or her disposal. Or more ways to waste time in search of the "perfect" set up, or set of plug-ins, or the Next Big Thing. Timothy cuts right through this clutter to the heart of what makes great music, or any great art. Which is: Put Your Butt In The Chair. Know Where you're going. Or, as he says, "get off the sidelines." If you have the itch to watch another tutorial, do yourself a favor: step away from the computer and read this book.

OK, I have not finished the whole book yet but I already see that this book is chalk full of inspiration to get me up and making music again. Mr. Timothy has a lot of great ideas that I know are going to help me in my production growth. The book is written in a very fluid way and easy to read. He talks to the reader but never down to us. It's like he's just having a one on one conversation with me but he's not afraid to call me out on my B.S. I know this will be a book I will reference from time to time, so it's great that I can always have it with me on my phone. It's definitely not just a one time read and done. Now if I could only stop reading it I could work on some music! Haha. When I do I'll have a bunch of new tips and tricks to try out courtesy of Mr. Timothy.

Jason has been helping people with Ableton Live now for some time, and I am one of those people. His videos are easy to follow and quite helpful. His new book, Music Habits-The Mental Game of Electronic Music Production is excellent at helping musicians to become more productive and focused by realizing and acknowledging their own personal habits, strengths and weaknesses. Armed with these realizations you can free yourself, so to speak, to make more music that is inspired and centered in whichever genre you create in. Highly recommended.

I'm at 1/3 of this book now and already found a treasure of direct applicable ideas. Stay off the sidelines is great topic: about the relation between fears and not being able to finish a song. Jason shows how to get loud about what you love and how to finish songs. I just decided to enter the spotlights; I still have fears, but I do it anyway, now.... You may listen to the result of following Jason for a few months, (before this I only recorded bassguitar oriented tunes, but I didn't share): <https://www.youtube.com/watch?v=oVHqRHVG1HQ> or <https://www.youtube.com/channel/UCdJsWAXk81bsbSNMrV1Ue9A>. Feel free to give me advice, I know I have a lot to learn. Many thanks!

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