



Training with a Beat: The Teaching Power of Music

Lenn Millbower

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Music holds amazing power over us. While it permeates and gives rhythm to our lives, most of us take it for granted and rarely consider its impact and potential. *Training with a Beat* is a lively introduction to understanding that force, and applying it to training.

This practical "how-to" guide is written with the musical layperson in mind. The author reveals in straightforward language why music is a critical learning resource, explains the necessary concepts and terms, and concludes with vivid examples of practice and a list of suggested resources. He provides all the background and tools to enable trainers and educators confidently to use music to improve learning.

A valuable and extensive appendix lists recommended CDs and offers track-by-track examples of potential training applications.

Readers of this book will:

- Discover how music contributes to learning
- Understand music theory principles relevant to learning
- Know how to select music appropriate for different training situations
- Discover effective musical games and activities and how they teach
- Understand the related legal and copyright issues

This unique resource will be welcomed by trainers, facilitators, presenters and adult educators looking for additional tools to add impact to their material and improve learning outcomes.

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