

THE STOIC DRUMMER PDF, EPUB, EBOOK



Jose Medeles | 134 pages | 15 Mar 2019 | Independently Published | 9781796539295 | English | none

The Stoic Drummer by Jose Medeles

From drumming great Mark Guiliana: "The Stoic Drummer has become an integral part of my drumming library. Whether consumed cover to cover, or one page at a time, it is an inspiring reminder to always approach the instrument with gratitude and honesty. This is the match that is capable of starting a roaring fire inside someone who may not have otherwise had the opportunity. That doesn't mean this is "light" reading, though. Sometimes the simplest concepts are the toughest to apply to our own lives, so the benefits to readers are ultimately up to them. Its Zen-like layout alone helps concentrate the mind on the wise words within.

Show More Show Less. Any Condition Any Condition. No ratings or reviews yet No ratings or reviews yet. Be the first to write a review. Best Selling in Books See all. Today, we are focusing, mostly, on the benefits of recording yourself. This also marks two months of work within my three-month EPM cycle. So, you will hear my journaling and thoughts about the process so far. If you heard the first episode and thought that it was a worthwhile listen, then you will consider this to be a continuation from where we left off a month ago. Recording yourself is crucial to understanding how we really sound and what progress has been made within our development. You Will Hear About. . . . Location and how it plays a role in how we approach the music industry. Experimentation with sound. Wiktorina breaks down her financial situation. Why passion leads people to a higher chance of success with whatever they do. Why Should You Listen? What makes something good and letting go of certain things during the creative process?

His experience recording minutes of content at the Drummers Collective. Is Brandon getting bored of what most drumming content consists of? The big uproot that Brandon and his wife are currently going through. Some thoughts about Covid. The fine line between overdoing the drumming thing and not doing it enough. Self-esteem and imposter syndrome. Some opinions regarding social media. The importance of having a connection with nature. Does Creativity Ever Tire? Billy shares his thoughts on where creativity comes from.

Does creativity ever tire for Billy? With advancements in technology are we better off nowadays or was there more of a hotbed of creativity in the past? The importance of taking notes to capture creativity that would be fleeting if not captured somehow. Try Drumeo Edge for free for 7 days The time has come for me to part ways with the DrumeoGab podcast. Reaching your greatness and the balancing act that comes along with that. The importance of your brand. How interruptions in life happen and how we can keep the flame lit for our passion for drumming.

So, what are endorsements for? Well, I share my views on it and Todd shares his. What does it mean when drummers switch companies a lot? Why you should play the instruments you love. Some common misconceptions about endorsements. How Todd got hooked up with Sabian. Honestly, there is too much going on here to even begin listing off everything within this conversation. Just as a general overview though, we talked about his dog, his incredible collection of historically important instruments, the house fire, his health scare, playing in a band, and much more.

How the name of the company affects what Jefferson does with the drums he builds. Noah and his role at Sugar Percussion. The charitable work that Jefferson commits himself to. What was like for Jefferson. The FedEx thing. Has having an abundance of convenient knowledge hurt or helped drummers? What does George think about comparing ourselves to others? Hobby versus professional career. Which is better? Derek Roddy and Nile. Can blast beats groove? How George goes about creating independent learners.

How is big band jazz similar to metal? How exhausted George is after a Nile show? Invictus and what George would have done differently? If you figure out the way then you figure out purpose. What is it like to teach the next generation? How recordings help with education? How Instagram clips might be hurting our abilities. Some tips on how to become better at improvising and creating. Rhetoric and the importance of knowing the true meaning of words. How do we define music that has feel? A dream Mike had and Virgil Donati. Thoughts about gratitude. How Mike felt about the original interview I had with him and why we decided to do it again. Why practice? The importance of writing things down. How to manage our thoughts. How can practice change a person for the better? Creating discipline.

Mike and his history with hockey. Why it is good for people to have their hobbies and passions. How our personal history can be a negative bias towards forging new paths in our lives. Three stories told by Jason that were very meaningful to him post-surgery. Taylor gets into Berklee. Her mom said no to Berklee but also wanted Taylor to challenge this instruction. A publishing deal that she got. The upsets along the way and what she did about it. Why Taylor decided to begin making her own music. Your why. The right way to compare yourself. Practicing gratitude. My conclusion to the three-month EPM cycle. Staying on course. Doing the best you can with what you have right now. Why practice should be exciting.

I hid it well but I was not happy. Physical activity, BDNF, and endorphins. Completing small tasks to get you moving when you feel down. Distractions can keep you from improving your mental health. The problems associated with the labels we place on ourselves. I felt more content in my life, I felt more content in my own skin. It allowed me to walk softer, talk softer. I still have my moments, just like anybody. What I started to do was reflect on how much this was enhancing my life and my being, so I started to apply some of these practices to drumming.

Because drumming is as much of a part of my life as is being a father, a husband, a business owner. Being a drummer is right there. I really thought that I was a content drummer before, but after practicing some of these meditations and mantras and applying them to drumming, it took it to the next level. When I was in my little side yard writing and journaling, it hit me that I needed to let people know about this. I went and looked for a book like this, because if there were I would have bought it in a heartbeat. What made me look forward to things. So I started going through and writing and applying the writings of essentially the OG stoics to the art of drumming. That to me is huge. JM: I felt the same way about drumming so many years ago—I had to do it. Once I realized what was happening, I had to do it. I had to open up the shop.

Same thing with my music, with Ensemble and my solo stuff. I have to do it.

Drumeo Gab Podcast: Jose Medeles - The Stoic Drummer

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Barry helped with tender trips and worked on the Ross Revenge in '84 and ' The Too Much Rock podcast is a minute journey through the weekly music acquisitions of its creator. It may feature power pop, indie rock, post punk, indie pop, or any other named or unnamed genre. New episodes at least once a week. Firebeatz presents Ignite Radio. The Global Dedication podcast by Coone - everything Hardstyle. Eddie Trunk,

the most well-known name in hard rock and metal music, brings his insight, commentary, reviews, discussion, and in-depth interviews to the podcast world!

Join Eddie and his famous friends in rock and entertainment every week for a rollicking good time. Make sure you tune in every week to catch up to all latest tunes, remixes, bootlegs and more! The Bill Simmons Podcast. First Take. Adam Carolla Show. Comedy of the Week. How Did This Get Made? Doug Loves Movies. View 2 comments. Jacob rated it it was amazing Mar 13, Andrew rated it it was amazing May 07, Azim rated it it was amazing Jun 11, Allyson rated it it was amazing Jul 24, John Sullivan rated it it was amazing May 21, Brayden rated it it was amazing Apr 09, Tyler Peters marked it as to-read Mar 22, Eric G marked it as to-read Apr 02, Stacey Smith marked it as to-read Apr 17, Nils marked it as to-read May 08, Shannon Moore marked it as to-read Jun 09, Ivana Pauletig marked it as to-read Jun 22, Pat Shriver marked it as to-read Jul 06, Mauro Uhlig marked it as to-read Aug 13, Vincent Dollente marked it as to-read Aug 22, Paul C.

George Addison-Atkinson marked it as to-read Oct 19, Chris Schultz marked it as to-read Jan 08, David marked it as to-read Jan 29, Djai-Mac marked it as to-read Feb 17, Emrah Efendioglu added it Mar 26, Kevin Kaufman marked it as to-read Apr 06, Gabriel Damasio marked it as to-read May 05, Ben marked it as to-read Aug 11, Alejandro Laborde added it Aug 17, Luis Escamilla marked it as to-read Sep 09, Viktor Szathmary marked it as to-read Sep 09, There are no discussion topics on this book yet. Be the first to start one ». Readers also enjoyed. About Jose Medeles. Jose Medeles.

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So, how did I make out with the EPM system? I consider this book an essential resource for drummers who are committed to becoming the drummer they wish to become. You can get it right here. This episode rounds out the series, so if you have been listening since part one you will likely want to know how it ends. It was an ending that was bitter-sweet but it highlights how priorities can change within a person. Steven Wolf is a bi-coastal drummer, programmer, remixer, producer, and songwriter who has worked with artists such as Beyonce, Alicia Keys, David Bowie, Katy Perry, Pink, and many more.

But are they connected? Body and mind health is something that may seem disconnected but Wolf believes that they are absolutely connected. Mental health is something I have had my battles with. Feeling better about who we are, investing in our relationships and being mindful of how we interact with ourselves and our environment has helped me a lot. I do believe that the quality of our mental health is a contributing factor to how we express ourselves creatively as well. For anyone who has considered writing and recording their own album or have done so in the past will connect with this episode today.

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Billy has also been quite involved with drum education as well. He has also hosted drum retreats and masterclasses as well. Add this book to your favorite list ». Community Reviews. Showing Average rating 4. Rating details. More filters. Sort order. Start your review of The Stoic Drummer. Aug 29, Szymon rated it it was ok. Thats a 'no' from me. Stoicism cannot be taught nor understood in a form of random quotes some from stoics, some from drummers. It requires deep and smart guidance, which this books totally lacks - there wasnt even an attempt made. I added an extra star because it might make someone new to stoicism look for more proper stoic material. View 2 comments. Jacob rated it it was amazing Mar 13, Andrew rated it it was amazing May 07, Azim rated it it was amazing Jun 11, Allyson rated it it was amazing Jul 24, John Sullivan rated it it was amazing May 21, Brayden rated it it was amazing Apr 09, Tyler Peters marked it as to-read Mar 22, Eric G marked it as to-read Apr 02, Stacey Smith marked it as to-read Apr 17, Nils marked it as to-read May 08, Shannon Moore marked it as to-read Jun 09, Review our Privacy Policy and Terms of Service to learn more.

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I also hear a lot of feedback about my laugh! Yes, I try to keep this show fun but it is serious too. My mission is to gain deep insights from some of the greatest drummers on planet Earth. Connect one to one with my audience. Deepen my own sense of what matters to me and how to improve upon myself each day. And finally, to demonstrate that if we have an idea and a great reason to do it, we can achieve anything in this life. Come join me on this journey and dive into this vast library of content that spans from my early grassroots interviews up until what it is today! Categories Drum Podcast general. I can almost see his eyebrows raise when I refer to him as being quirky. I mean, he definitely gives a shit about the whole people and drums thing, but at the end of the day he really just does his own thing.

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I feel that endorsements will always have a gravitational pull for most of us. If someone gets offered one what do you think the likelihood of someone accepting it be? My guess is that it would probably be quite high. I have spoken to many artists. I have observed many posts regarding endorsements. I have spoken about endorsements and my thoughts about them but I have always been slightly cautious about what I say....

I mean no disrespect but I had to share my thoughts about them. Great history. Especially when someone asks about it. Or did it...? I decided that maybe it would be a vibe to just record a phone call. You know, an old-fashioned phone call! It was amazing. I was sitting out on my hammock on a beautiful sunny day talking to one of my all-time favorite musicians. It turns out that Dennis is funny, charming, and down-to-earth. That made this

all the more incredible. This was certainly an exception. You will hear about many things in this messy and natural conversation. No notes. No prep. Just a phone call that I will never forget. I hope that you experience this episode like you were listening in on us like a fly on the wall. This episode is as casual as this podcast will ever get. This is Dennis Chambers talking on the phone with me in a funny and memorable conversation. Need I say more?

I can almost see his eyebrows raise when I refer to him as being quirky. I mean, he definitely gives a shit about the whole people and drums thing, but at the end of the day he really just does his own thing. That is probably why we both connected like we did. The drums are second to none. I play Sugar drums and they are simply spectacular instruments. There is a sense of occasion every time I play them but the time is never spoiled with unrealistic expectations of yourself. Good drums can sometimes feel like they expect a lot from me and it has gotten to my head before.

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