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## **Finding focus : using external focus of attention for practicing and performing music**

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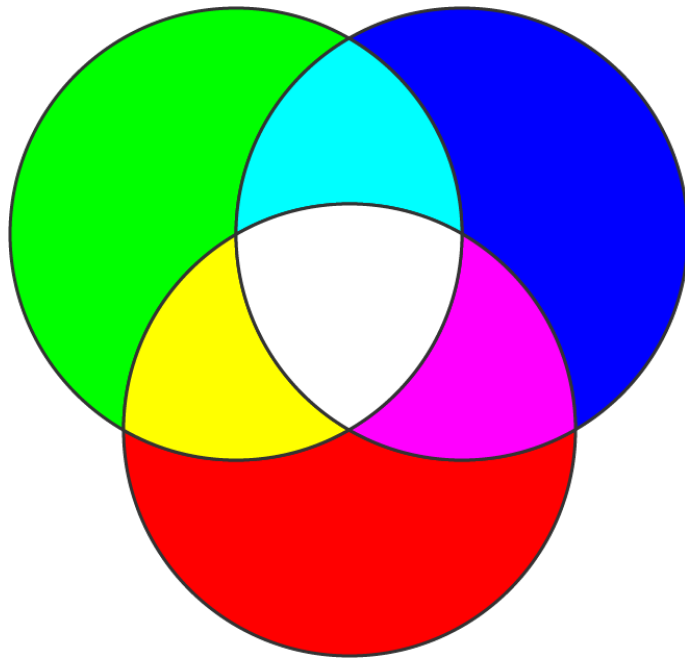
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# **Finding Focus**

**Using External Focus of Attention  
for Practicing and Performing Music**



**Susan Williams**