



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

*Jason Timothy*

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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.

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