



Play Life More Beautifully: Conversations with Seymour

Andrew Harvey, Seymour Bernstein

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It started with a dinner party. When 86-year-old pianist and teacher Seymour Bernstein met Ethan Hawke, international film star, the two quickly discovered they shared a common malady: stage fright. Based on his familiarity with nervousness prior to concerts, Seymour was able to provide Ethan with invaluable insight and advice. That was the beginning of a deep friendship.

Renowned spiritual scholar and activist Andrew Harvey was a fellow dinner guest that auspicious night and contributed to the decision to create a documentary about Seymour exploring his unique combination of accomplished musician, teacher, and seasoned elder. The film, *Seymour: An Introduction*, directed by Ethan Hawke, has received enthusiastic critical acclaim and is an inspiration to all who see it.

Seymour and Andrew's friendship has continued to thrive with a shared curiosity and appreciation for the intersection of life and art. The trusting conversations captured in this book between these two dear friends reveal key truths about passion and creativity through an exploration of music, difficult childhoods, the friendship of animals, and journeys of the spirit.

Memories meld with philosophy, and observations with reflections, dissolving the line between teacher and pupil. With equal parts candor and generosity, Seymour and Andrew offer a master class in playing life with our fullest, most gracious selves.

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