



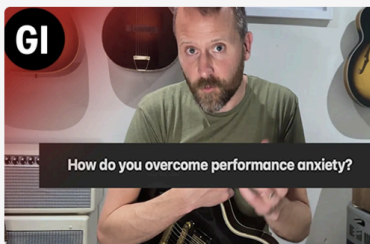
Dealing With Nerves

Anders
Mouridsen



Any Style

BEGIN



In this week's episode of Guitar Insider, I share my best tips for handling and minimizing the inevitable performance anxiety that arises anytime we play music in front of another human being. This is something we all have to deal with, and there's absolutely nothing wrong with you for getting nervous. Even if you get really nervous! The good news is that it's something you can work on and in this episod...

Published: 05/11/2023



Learning By Ear

Anders
Mouridsen



Any Style

BEGIN



Published: 06/08/2023



The Drill Sergeant And The Cheerleader



Any Style

BEGIN



In this week's episode of Guitar Insider, I'm outside in my backyard sharing what I think is one of the most crucial balancing acts when it comes to learning guitar, sticking with it and eventually getting really good. This has to do with the two perspectives we all have -- and today we'll personify them as the cheerleader (encouraging) and the drill sergeant (critical). Both of these voices are equally...

Published: 07/26/2023



How To Get Back On the Horse



Any Style

BEGIN



This week I find myself in the rare situation where I haven't touched a guitar in ten days. This is something almost everyone experiences at some point on the guitar journey, and depending on how we handle it, this situation can either be entirely insignificant or cause a ton of frustration that only slows down our progress. So today I'll talk about some helpful ways to deal with this and show you how I...

Published: 11/29/2023



When To Move On to the Next Lesson



Any Style

BEGIN



This week on Guitar Insider, I respond to one of the most common questions I get, which is: 'How do you know when you're ready to move on to the next lesson?' There are many answers to this question, and in this episode we explore some of the most helpful ones within the context of some simple open chord strumming. Of course all of this applies to more advanced concepts like lead...

Published: 02/07/2024



Playing In A Music Store



Any Style

BEGIN



This week on Guitar Insider, I respond to multiple questions I've received over the years about what to play when you pick up a guitar in a music store. First we cover some practical tips like making sure you're in tune before starting to play and how to get comfortable with the instrument before making any loud sounds. Then we talk about my best tip, which is to play something with a groove to it a...

Published: 03/18/2024



What You're (Probably) Doing Wrong



Any Style

BEGIN



This week on Guitar Insider, I try to address the underlying question behind so many of the messages I get, which is essentially "Am I doing this wrong?". I usually offer a variety of reassuring answers, but today I address this scary question by explaining four things that most people are doing wrong. This is based on my own experience learning guitar as well as all the lessons I've taught...

Published: 03/28/2024



How to Avoid Getting Lost



Any Style

BEGIN



This week on Guitar Insider I respond to a question from Farshid who is asking for guidance on how to avoid losing your place in the 12-bar form -- or any other chord progression -- while soloing. This is an extremely important skill that most people don't realize they're missing until they try to learn a lick that's tied to a certain spot in the chord progression, like a turnaround lick for example, or whe...

Published: 05/02/2024



The Boredom



Any Style

BEGIN



This week on Guitar Insider I respond to a question from Mitch about boredom. This leads to an important discussion about the many different ways to approach learning the guitar as well as the pros and cons of each of those. Most of our guitar heroes learned in very different ways than we do today, and in this episode I offer some fun thought experiments that can help you explore those methods ...

Published: 05/30/2024



Playing With Other Humans



Any Style

BEGIN



This week on Guitar Insider I respond to a message from Mike who is requesting tips on how to prepare for playing with another guitar player for the very first time. Finding someone else to play music with is one of the greatest things that can happen to us - at any point on our guitar journey. So today we talk through three overall things that you have to master in order to be able to make music with...

Published: 07/03/2024



Learning Songs By Ear



Any Style

BEGIN



This week on Guitar Insider I respond to several requests for more ear training and tips on how to learn songs by ear. This can be a hard thing to teach, but in this episode I'll use one of my own songs to show what I consider to be the best approach to doing this using a methodical combination of bass notes, singing and good old trial and error.

Published: 07/25/2024



Good Mistakes Bad Mistakes



Any Style

BEGIN



This week on Insider we talk about the important and often misunderstood topic of MISTAKES. In our practice space some mistakes are necessary for improving, while others must be avoided at all costs. Once you perform for other people - whether it's one person in your living room or on a stage for a room full of people - how you handle the mistakes you make is what makes all the difference. So t...

Published: 08/29/2024

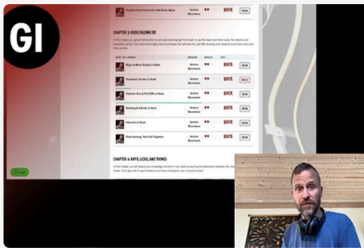


Navigating Guitar Tricks



Any Style

BEGIN



This week on Insider I respond to many years worth of questions about navigating your way through Guitartricks. Is it okay to leave a course and learn a song? How do I choose what style to dig into? Is it okay to learn level 1 of multiple styles? How do you find your way through the individual style tutorials? What's the most important out of all the material?

Published: 08/29/2024



Private Lessons



Any Style

BEGIN



This week on Insider I respond to the very common question "Should I take a private lesson?". My answer to that is very simple, so we also get into how to get the most of your lesson, how to prepare, how to set up and even some very important Zoom settings that you can make ahead of the session to make sure we can hear each other and don't have to spend valuable one-on-one time...

Published: 10/17/2024



Advancing to the Next Level



Any Style

BEGIN



This week on Insider I answer a few different questions I've received recently. This includes the very common question of how to proceed from beginner to intermediate level - or from intermediate to advanced. There is no simple answer to this, but I will offer all my best advice on how to figure out what the answer is for you and how to continue to develop and advance - no matter where you find...

Published: 11/14/2024



Let's Talk Business



Any Style

BEGIN



This week on Insider I respond to a question from Marco who asked about becoming and/or sending song ideas to a music producer. First of all this begs the question of what a music producer actually does. And how does that differ from the role of the songwriter, artist, session musician and engineer? Even though streaming services are undermining the profitability of music making, there are...

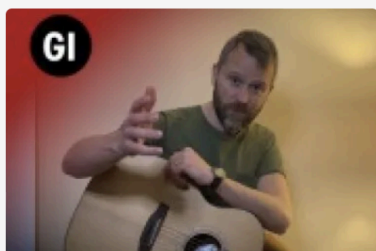
Published: 12/18/2024



Best of Insider and Advice for 2025



BEGIN



Happy New Year! This week on Insider, I sum up the most important bits of advice we've explored since the very beginning of Guitar Insider. This will help anyone new to Insider or if you've been with us from the beginning it will be a helpful reminder. Most importantly this will serve as my best advice for moving into 2025 with music on your mind and your guitar in your hands!

Published: 01/02/2025



Lets Talk About Age



BEGIN



This week on Insider we talk about a topic that is very often mentioned in your messages to me, which is age. So in this episode we'll talk about what your age actually means for your guitar playing by looking at four important periods in life and the superpowers and pitfalls that each of these phases present. That way we can learn from each of them and know what to look out for as well.

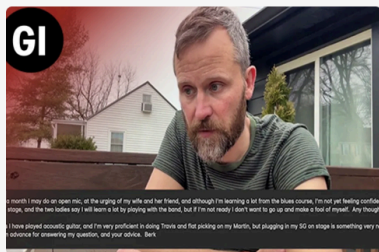
Published: 01/29/2025



Putting Yourself Out There



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This week on insider I'm coming to you from Nashville, Tennessee, where I'm doing some recording and songwriting this month. In this episode we'll talk about putting ourselves out there, and some of the many different ways to approach that. This is based on a question from Berk who is being encouraged by his wife to go sit in with a band at an open mic night, but is worried about making a fool ...

Published: 02/05/2025



Understanding Standard Tuning



Any Style

BEGIN



This week on Insider I respond to a question from Lyndon and explain why standard tuning is standard and why it makes sense to use it - even when it seems like it would sometimes be simpler to do almost anything else. I also explain and demonstrate the unexpected magic of a cheap, but super inspiring guitar I have borrowed while we're at the rental house in Nashville. This leads t...

Published: 02/27/2025



Dealing With Fatigue



Any Style

BEGIN



This week on Insider I offer my best advice on two separate questions about fatigue. The first question has to do with the very physical fatigue that we feel in our hands when we first start out fretting notes and chords. The other one is a more psychological phenomenon that the user referred to as "tone fatigue", where we get so caught up in dialing our tone that we eventually lose our...

Published: 04/03/2025

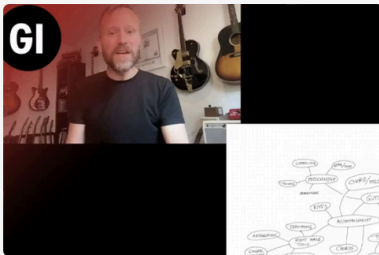


Guitar World Map



Any Style

BEGIN



This week on Insider I share what I call my "guitar world map". This is something I drew up for my one-on-one students to hang up in their practice space, and it includes everything I can think of that has to do with learning guitar. This is helpful for getting a bit of a birds eye view of all that there is, but more importantly it can help you see what areas you might be neglecting. Some because they're not...

Published: 05/08/2025

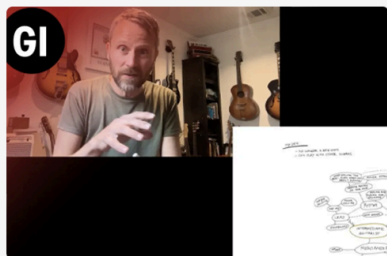


From Beginner to Intermediate



Any Style

BEGIN



This week on Insider I respond to the very common question of how to break through from one level of playing to the next. These categories can often be redundant, but I do find that an interesting leap happens when you go from being a "beginner" to reaching what could be called "intermediate". This is the point where you can start to feel the flow of real music making, and you're ready to g...

Published: 05/29/2025



Early Struggles and Breakthroughs



BEGIN



This week on Insider I respond to an old request from Marco, who asked me to share some of the struggles and breakthroughs from the early part of my own guitar journey. My first goal on the guitar was to learn as many chords as possible so that I could play the songs in my songbook. This of course lead me straight into the universal "battle of the barre-chords", and I share the approach I used t...

Published: 09/18/2025



Let's Talk About Quitting



BEGIN



This week on Insider we talk about a topic that comes up a lot in messages, private lessons and forum posts, which is the topic of quitting. Some people find themselves so frustrated that they are considering quitting. Others have come back from having quit for many years and are now re-discovering the joy of learning and playing guitar. In this episode I share my best advice for how to...

Published: 10/23/2025



Trying Out With A Band



BEGIN



This week on Insider I respond to a question from Thilo, who has been invited to join a rehearsal for a blues band to see if it might be a fit. We'll talk about the best ways to prepare with the somewhat limited material that has been offered ahead of time, how to figure out the gear situation, how to deal with your nerves and many other helpful tips for going to play electric guitar with a band for the very...

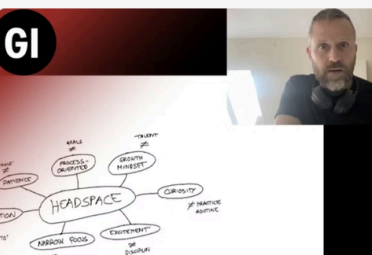
Published: 11/13/2025



Nailing The Headspace



BEGIN



This week on Insider we talk about the only secret there ever was to getting really good at guitar, which is to fall in love with the process of getting a little bit better at playing guitar. Once you figure that out everything else falls into place! I could do a whole course on how to facilitate this, but today we're going to focus on some key elements of what I consider to be the ideal headspace for practicing. Print ...

Published: 12/11/2025



GI

STAYING
AND ONLY IN
AND CARRYING
WIFE

LET ME KNOW WHEN YOU'RE
WILL

LET ME KNOW WHEN YOU'RE

WILL

LET ME KNOW WHEN YOU'RE

Published: 01/01/2026



Published: 02/05/2026



The Worst Advice



BEGIN



One of the trickiest parts of navigating your guitar journey is figuring out what advice to take to heart and what to ignore. In this episode I share some of the advice I got that sent me down the wrong path for a while. I also share what I think the advice should have been and what I eventually learned from it all. These bits of bad advice were offered to me by people who gave me an astronomically...

Published: **04/07/2026**



Mind Games



BEGIN



This week on Insider we dive into the world of MIND GAMES. Just like it's the case with most other difficult things we try to do in life, the mental component of learning and performing music is powerful. Some mind games can send you into a tailspin if you don't manage to snap out of it, and others can be extremely helpful.

This all came about after I received a question about that familiar moment when you realize you're doing something new and difficult and then seemingly because of that thought you end up messing it up. That particular issue is simply a matter of powering through to the other side, but there are many other both helpful and destructive mind games that it's important to be aware of.

Published: **06/04/2026**