

Empowering The Whole Musician Mind And Body For A More Musical Tomorrow

Suggested Musician Wellness Resources

Books

Alcantara, Pedro de. (2011) *Integrated Practice: Coordination, Rhythm and Sound*. New York: Oxford University Press.

Amen, Daniel (2005) *Making a Good Brain Great*. New York: Harmony Book/Bell Tower.

Berenson, Gail, Barbara Lister-Sink, et al (2002) *A Symposium for Pianists and Teachers: Strategies to Develop the Mind and Body for Optimal Performance*. Dayton, OH: Heritage Press.

Bruser, Madeline. (1999) *The Art of Practicing: A Guide to Making Music from the Heart*. New York: Harmony/Bell Tower.

Bruckner, Susan. (2004) *The Whole Musician: A Multi-Sensory Guide to Practice, Performance and Pedagogy*. Second edition. Santa Cruz, CA: Effey Street Press.

Buswell, David. (2006) *Performance Strategies for Musicians: How to Overcome Stage Fright and Performance Anxiety and Perform at Your Peak Using NLP and Visualisation*. United Kingdom: MX Publishing. www.mxpublishing.co.uk

Camp, Max, W. (1992) *Teaching Piano: The Synthesis of Mind, Ear and Body*. Alfred Music Publishing Company.

Chaffin, Roger, Gabriela Imreh and Mary Crawford (2002) *Practicing Perfection: Memory and Piano Performance*. Mahwah, New Jersey: Lawrence Erlbaum Associates.

Conable, Barbara. (2004) *What Every Musician Needs to Know about the Body. The Practical Application of Body Mapping and the Alexander Technique to Making Music*. Chicago, IL: GIA Publications.

Cox, Richard H. (2010) *Conquer Stage Fright: A Field Guide to Excellence in Performance— Practical Help for Athletes, Speakers, Musicians & All Who Perform for the Public*. Eugene, OR: Resource Pub.

Freyduth, Malva. (1999) *Mental Practice and Imagery for Musicians-A Practical Guide for Optimizing Practice Time, Enhancing Performance and Preventing Injury*. Boulder, CO: Integrated Musician's Press.

Gordon, Stewart. (2006) *Mastering the Art of Performance: A Primer for Musicians*. New York: Oxford University Press.

Green, Barry. (2009) *Bringing Music to Life*. Chicago: GIA Publications.

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Green, Barry and Timothy Gallwey. (1986) *The Inner Game of Music*. New York: Doubleday.

Greene, Don. (2002) *Performance Success*. New York: Routledge.

———. (2001) *Fight Your Fear and Win*. New York: Random House.

———. (2001) *Audition Success*. New York : ProMind Music.

Hallam, Susan, Ian Cross and Michael Thaut. (2009) *The Oxford Handbook of Music Psychology*. New York: Oxford University Press. www.oup.com

Horvath, Janet (2010) *Playing Less Hurt: An Injury Prevention Guide for Musicians*. Milwaukee, WI: Hal Leonard Corp.

Jordan, James. (1999) *The Musician's Soul: A Journey Examining Spirituality for Performers, Teachers, Composers, Conductors, and Music Educators*. Chicago, IL: GIA Publications.

———. (2002) *The Musician's Spirit: Connecting to others through Story*. Chicago, IL: GIA Publications.

———. (2006) *The Musician's Walk: An Ethical Labyrinth*. Chicago, IL: GIA Publications.

Kenny, Dianna T. (2011) *The Psychology of Music Performance Anxiety*. New York: Oxford University Press. www.oup.com

Klickstein, Gerald (2009) *The Musician's Way: A Guide to Practice, Performance and Wellness*. New York: Oxford University Press. www.oup.com Newsletter: www.musiciansway.com/

Lehmann, Andreas C., John A. Sloboda and Robert H. Woody. (2007) *Psychology for Musicians: Understanding and Acquiring the Skills*. New York: Oxford University Press. www.oup.com

Levitin, Daniel J. (2006) *This Is Your Brain on Music. The Science of a Human Obsession*. New York: Penguin Group. www.yourbrainonmusic.com

Llobet, Jaume Rosset I and George Odam. (2007) *The Musician's Body: A Maintenance Manual for Peak Performance*. Burlington, VT: Ashgate Publishing Company. www.ashgate.com

Lyke, James, Yvonne Enoch and Geoffrey Hayden (2011) *Creative Piano Teaching* (4th edition). Champlain, IL: Stipes. See chapter 36: Gail Berenson, "Preparation for Performance: Ensuring Student Success" and chapter 39: Vanessa Cornett-Murtada, "Performance Anxiety Management."

Moore, Bill. (2011) **Playing Your Best When It Counts: Mental Skills for Musicians.**

———. **High-performance Workbook**

———. **High-performance Journal**

Norman, OK: Moore Performance Consulting. www.playingyourbest.com

Ristad, Eloise (1981) *A Soprano on Her Head*. Boulder, CO: Real People Press.

Sacks, Oliver. (2007) *Musicophilia: Tales of Music and the Brain*. New York: Alfred A. Knopf. www.aaknopf.com

Schneiderman, Barbara. (1991) *Confident Music Performance: The Art of Preparing*. St. Louis, MO MMB Music.

Thompson, William Forde. (2009) *Music, Thought, and Feeling*. New York: Oxford University Press.

Westney, William (2003) *The Perfect Wrong Note: Learning to Trust Your Musical Self*. Portland, Oregon: Amadeus Press.

Whykes, Susan. (2007) *Mind Over Matter: A Handbook for Musicians to Help you Overcome Performance Anxiety*. www.authorhouse.com

Articles

Arneson, Christopher. "Performance Anxiety: A Twenty-First Century Perspective," *Journal of Singing*, May/June 2010 vol. 66:5 pp. 537–546. (singer)

Barnes, Micah. "Overcoming Stage Fright," (Part 1) *Canadian Musician* Nov/Dec 2011, vol. 33:6 p32 (Part 2) Jan/Feb 2012, vol. 34:1 pp. 31–32. (singer)

Beers, Deborah Yardley. "A Mind-Body Approach," *American Music Teacher* Aug/Sept 2006, vol. 56:1, pp. 24–27. (pianist)

Bradbury, Adrian. "In the Spotlight," *Strad* June 2008, vol. 119:1418 pp. 58–65. (violinist)

Garner, Allison Maerker. "Performance Anxiety: Treatment Options for Stage Fright," *American String Teacher* Feb 2012 pp. 34–37. (violinist)

Heyge, Lorna. "The Well-Prepared Beginner: Prepared in Body, Mind, Spirit, and Family," *Early Childhood Connection*. Winter 2002, vol. 8, pp. 28–33. (early childhood music)

Houle, Arthur. "Must I Memorize?" *Piano & Keyboard* January/February 2000, Issue no. 202, pp. 22–27. (pianist)

Lanzer, Katie. "Learning to Unify Musical Intentions with Easeful Actions," *American Music Teacher* June/July 2009, vol. 58:6, pp. 26–30. (pianist)

Mastroianni, Thomas. "Mind and body: can musical memory be manipulated?" *Piano & Keyboard* May/June 1997, Issue n186, pp. 20–21. (pianist)

Nagel, Julie Jaffee. "Convert performance anxiety into performance energy," *Keyboard Companion* Winter 2007, vol. 18 Issue 4, pp. 38–39. (pianist)

———. "Performance Anxiety Theory and Treatment: One Size Does Not Fit All," *Medical Problems of Performing Artists* March 2004, vol. 19:4, pp. 39–43. (all musicians)

Riley, Kathleen. "Helping Musicians Achieve Peak Performance with Surface Electromyography/Video," *Biofeedback*; Spring 2011, vol. 39:1, pp. 31–34. (pianist)

Whitcomb, Benjamin. "Overcoming Performance Anxiety," *American String Teacher* November 2008 p36–39. (cellist)

Websites

Annotated Bibliography on Musician Wellness—written and compiled by Linda Cockey with the assistance of librarian Kathryn Kalmanson. www.mtna.org

Performing Arts Medical Association—contains a member resource directory, information about the journal *Medical Problems of Performing Artists*, resource on performing medicine organizations, clinics, arts organizations and other related materials. www.artsmed.org/

The Well Balanced Pianist—describes a holistic mind/body approach to teaching and playing based on the Taubman method, Don Greene's psychological techniques, Alexander Technique, and other strategies for musician health. www.wellbalancedpianist.com/

Pianomap—an excellent introduction to the concept of body mapping for enhancing performance and preventing injuries. Maintained by Thomas Mark (*What Every Pianist Needs to Know about the Body*). www.pianomap.com

Piano Wisdom—a holistic approach to improving performance and preventing injuries by engaging body and mind in piano performance. Click on “video” for films demonstrating each of the seven points in this system. <http://pianowisdom.wordpress.com/>

“Musicians and Their Health Care,” a special report, available as a PDF file at <http://www.musicalamerica.com/>

The Bullet Proof Musician—a website by performance psychologist and violinist Noa Kageyama who worked with Don Greene and currently teaches at Juilliard. The purpose of this website is to teach musicians how to overcome stage fright, performance anxiety, and other blocks to peak performance. <http://www.bulletproofmusician.com/>

Joshua Bell plays Beethoven’s Violin Concerto in D, Op. 51—watch how Bell’s whole body is engaged in the performance. http://www.youtube.com/watch?v=qhSRneJ_INI&t=1s

Databases

ERIC education database; covers music pedagogy from childhood to adult. <http://www.eric.ed.gov/>

PubMed from National Library of Medicine; finds articles in medical journals. <http://www.ncbi.nlm.nih.gov/pmc/>

Annotated Bibliography on Musician Wellness sponsored by MTNA; covers books and websites. <http://www.mtna.org/member-resources/annotated-bibliography-on-musician-wellness/>

Google Scholar finds articles in scholarly journals. <http://scholar.google.com/>

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Linda Cockey, NCTM, is professor of music at Salisbury University in Maryland, where she has team taught with a psychologist and athletic trainer a wellness course for more than 15 years that focuses on teaching techniques for peak performance and injury prevention. She began working on the “Annotated Bibliography On Musician Wellness” for MTNA in 1997, annually updating this valuable online database into the pedagogical research tool it is today. She has presented her research as a member of the wellness committee for the National Keyboard Conference on Keyboard Pedagogy and has given presentations at the Hoff-Barthelson Music School, Scarsdale, New York, the 2003 Maryland State Music Teacher’s State Convention and MTNA’s 2003 National Conference in Salt Lake City.

