

Suggested Musician Wellness Resources

Prepared by Linda Cockey NCKP – Wellness Committee – July 23-27 2013

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 Publishers.

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

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, Inc.

----- (2005) *The Mastery of Music: Ten Pathways to True Artistry*. New York: Broadway Books.

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.
- 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, Inc. www.oup.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."
- Maisel, Eric (2011) *Mastering Creative Anxiety*. Novato, CA: New World Library. www.newworldlibrary.com
- McAllister, Lesley Sisterhen. (2013) *The Balanced Musician: Integrating Mind and Body for Peak Performance*. Scarecrow Press, Inc. (Subsidiary of Rowman & Littlefield Publishing Group, Inc. www.rowman.com)
- 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
- Nagel, Julie Jaffee. (2013) *Melodies of the Mind: Connections between psychoanalysis and music*. Routledge Taylor & Francis Group. www.routledgejournalhealth.com
- Ristad, Eloise (1981) *A Soprano on Her Head*. Boulder, CO: Real People Press.
- Schneiderman, Barbara. (1991) *Confident Music Performance: The Art of Preparing*. St. Louis, MO MMB Music.
- Watkins, Cornelia and Laurie Scott. (2012) *From the Stage to the Studio: how Fine Musicians become Great Teachers*. Oxford University Press, www.oup.com
- 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 for Pianists

Beers, Deborah Yardley. "A Mind-Body Approach," *American Music Teacher* Aug/Sept 2006, vol. 56:1, p24-27

Heyge, Lorna. "The Well-Prepared Beginner: Prepared in Body, Mind, Spirit, and Family," *Early Childhood Connection*. Winter 2002, vol. 8, p28-33. (Early childhood music)

Houle, Arthur. "Must I Memorize?" *Piano & Keyboard* January/February 2000, Issue no. 202, p22-27.

Lanzer, Katie. "Learning to Unify Musical Intentions with Easeful Actions," *American Music Teacher* June/July 2009, vol. 58:6, p26-30.

Mastroianni, Thomas. "Mind and body: can musical memory be manipulated?" *Piano & Keyboard* May/June 1997, Issue n186, p20-21.

Nagel, Julie Jaffee. "Convert performance anxiety into performance energy," *Keyboard Companion* Winter 2007, vol. 18 Issue 4, p38-39, 2p.

----- "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, p31-34.

Websites

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/

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

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/>

For more information

Dr. Linda E. Cockey
Dept. of Music
Salisbury University
Salisbury, MD 21801
lecockey@salisbury.edu

Kathryn C. Kalmanson
Blackwell Library
Salisbury University
Salisbury, MD 21801
kckalmanson@salisbury.edu