

PEAK PERFORMANCE BIBLIOGRAPHY

Bruser, Madeline. *The Art of Practicing*. Bell Tower, 1997. Subtitled: A Guide to Making Music from the Heart. ML 3838 .B78 1997.

Conable, Barbara. *What Every Musician Needs to Know About the Body*. Andover Press, 2000. Subtitled: The Practical Application of Body Mapping to Making Music.

Dunkel, Stuart Edward. *The Audition Process*. Pendragon Press, 1989. Subtitled: Anxiety Management and Coping Strategies. ML 3830 .D9 1991.

Gallwey, W. Timothy. *The Inner Game of Tennis*. Random House, 1974. GV 1002.9 .P75 G34.

Gorrie, Jon. *Performing in the Zone*. Create Space, 2009. Subtitled: Unleash Your True Performing Potential.

Green, Barry. *Mastery of Music*. Broadway Books, 2005. Subtitled: Ten Pathways to True Artistry. ML 3820 .G73 1986. Also available in video format: ML 3830 .I56 1988 (DVD).

Greene, Don. *Audition Success*. ProMind Music, 1998. Subtitled: An Olympic Sports Psychologist Teaches Performing Artists How to Win. BF 575 .A6 G664 2001.

Greene, Don. *Fight Your Fear and Win: A 21-Day Plan*. Broadway Books, 2001. Subtitled: 7 Skills for Performing Your Best Under Pressure – at Work, In Sports, On Stage. BF 575 .A6 G665 2001.

Greene, Don. *Performance Success*. Routledge, 2002. ML 3830 .G74 2002.

Klickstein, Gerald. *The Musician's Way*. Oxford, 2009. Subtitled: A Guide to Practice, Performance, and Wellness.

Kruger, Irmtraud Tarr. *Performance Power*. Summit Bookx, 1993.

Lieberman, Julie Lyonn. *You Are Your Instrument*. Huiksi Music, 1991. MT 170 .L54 1991.

Maisel, Eric. *Performance Anxiety: A Workbook for Actors, Singers, Dancers, and Anyone Who Performs in Public*. Back Stage Books, 2005.

Ristad, Eloise. *A Soprano on Her Head*. Real People Press, 1982. MT2 .R57 1982.

Roland, David. *The Confident Performer*. Heinemann, 1997.

Werner, Kenny. *Effortless Mastery*. Jazz Aids, 1996. Subtitled: Liberating The Master Musician Within. ML 3830 .W46 1996.