

Performance Enhancement Reading List

Compiled by Katherine Borst Jones

Bruser, Madeline. The Art of Practicing. A Guide to Making Music from the Heart. Bell Tower: New York, 1997.

Caldwell, Robert. The Performer Prepares. Pst. Inc.: Dallas, Texas, 1990.

*Gallwey, W. Timothy. The Inner Game of Tennis. Random House: New York, New York, 1974.

Gallwey, W. Timothy & Green, Barry. The Inner Game of Music. Anchor Press: Garden City, New York, 1986.

Garfield, Charles & Bennett, Hal Z.. Peak Performance. Tarcher Inc.: Los Angeles, 1984.

*Greene, Don. Audition Success, An Olympic Sports Psychologist Teaches Performing Artists How to Win. ProMind Music: New York, 1998.

Herrigel, Eugen. Zen in the Art of Archery. Vintage Books: New York, 1974.

*Loehr, James. Mental Toughness Training for Sports. Achieving Athletic Excellence. Penguin Books: New York, 1986.

Loehr, James. Stress for Success. Random House, 1997.

O'Connor, Joseph. Pulling Your Own Strings.

Ristad, Eloise. A Soprano on Her Head. Real People Press: Moab, Utah, 1982.

Salmon, Paul G. & Meyer, Robert G. Notes from the Green Room. Lexington Books: New York, 1992.

Sarnoff, Dorothy. Never Be Nervous Again. Crown Publishers, Inc.,: New York, 1987.

Schneiderman, Barbara. Confident Music Performance, The Art of Preparing MMB Music, Inc.: St. Louis, 1991.

Seashore, Carl E. Psychology of Music. Dover Publications, Inc. : New York, 1967. (copy of McGraw-Hill publication of 1938)

Shurtleff, Michael. Audition. Bantam Books: New York, 1978.

"Audition is a book 'about finding the dream in you and learning how to put it right up on stage, where everybody can see it'.

Stanislavski, Constantin. An Actor Prepares. Theatre Arts Books: New York, 1936.

Storr, Anthony. Music and the Mind. Ballantine Books: New York, 1992.

Triplett, Robert. Stage-fright. Letting it Work for You. Nelson-Hall: Chicago, 1983.

Wilson, Frank R. Tone Deaf and All Thumbs? Vintage, 1986

"A neurologist explains how the brain functions in perceiving as well as in creating music."

*Favorites