**Musicianship / Wellness Resources**

**Books**

* *The Musician’s Way* – Gerald Klickstein
* *The Inner Game of Music* – Barry Green
* *The Mastery of Music: Ten Pathways to True Artistry* – Barry Green
* *The Music Lesson* – Victor Wooten
* *Effortless Mastery* – Kenny Werner
* *The Musician’s Body* – Jaume Rosset i Llobet
* *The Musician’s Survival Manual* – Richard N. Norris (free online PDF)
* *The Athletic Musician* - Barbara Paull

**Movies**

* Composed Documentary

**Complete Bibliography**

* Braden, A. M., Osborne, M. S., & Wilson, S. J. (2015). Psychological intervention reduces self-reported performance anxiety in high school music students. Frontiers in Psychology, 6, 1–9. <https://doi.org/10.3389/fpsyg.2015.00195>
* Cockey, Linda, and Kathryn Kalmanson. “ANNOTATED BIBLIOGRAPHY ON Musician Wellness.” *American Music Teacher*, vol. 57, no. 6, 2008, pp. 30–41. *JSTOR*, [www.jstor.org/stable/43541122. Accessed 19 Feb. 2020](http://www.jstor.org/stable/43541122.%20Accessed%2019%20Feb.%202020).
* Cockey, Linda. “Body, Mind and Spirit: Being at One with Your Instrument.” *American Music Teacher*, vol. 57, no. 6, 2008, pp. 42–44. *JSTOR*, [www.jstor.org/stable/43541123. Accessed 19 Feb. 2020](http://www.jstor.org/stable/43541123.%20Accessed%2019%20Feb.%202020).
* Green, Barry, and W T. Gallwey. The Inner Game of Music. Garden City, N.Y: Anchor Press/Doubleday, 1986. Print.
* Green, Barry. The Mastery of Music: Ten Pathways to True Artistry. Broadway Books, 2005.
* Hoffman, S. L., & Hanrahan, S. J. (2012). Mental skills for musicians: Managing music performance anxiety and enhancing performance. Sport, Exercise, and Performance Psychology, 1(1), 17–28. https://doi.org/10.1037/a0025409
* Judy Palac. “Promoting Musical Health, Enhancing, Musical Performance: Wellness for Music Students.” *Music Educators Journal*, vol. 94, no. 3, 2008, pp. 18–22. *JSTOR*, www.jstor.org/stable/4623686. Accessed 19 Feb. 2020.
* Kenny, D. T. (2011). The psychology of music performance anxiety. Oxford: Oxford University Press.
* Klickstein, Gerald. The Musician's Way: A Guide to Practice, Performance, and Wellness. Oxford: Oxford University Press, 2009. Print.
* Langendörfer, F., Hodapp, V., Kreutz, G., & Bongard, S. (2006). Personality and performance anxiety among professional orchestra musicians. Journal of Individual Differences, 27(3), 162–171. <https://doi.org/10.1027/1614-0001.27.3.162>
* Llobet, J. The Musician's Body. London: Routledge, 2007. Print.
* Norris, Richard (Richard N.). The Musician's Survival Manual: A Guide to Preventing and Treating Injuries in Instrumentalists. International Conference of Symphony and Opera Musicians, 1993. Print.
* Paull, Barbara, and Christine Harrison. The Athletic Musician: A Guide to Playing Without Pain. Lanham, Md: Scarecrow Press, 1997. Print.
* Perdomo-Guevara, E. (2014). Is music performance anxiety just an individual problem? Exploring the impact of musical environments on performers’ approaches to performance and emotions. Psychomusicology: Music, Mind, and Brain, 24(1), 66–74. https://doi.org/10.1037/pmu0000028
* Pierce, Deborah L. “REACHING BEYOND TRADITIONAL BOUNDARIES: THE LIBRARIAN AND MUSICIANS' HEALTH.” *Notes*, vol. 67, no. 1, 2010, pp. 50–67. *JSTOR*, www.jstor.org/stable/40858203. Accessed 19 Feb. 2020.
* Pierce, Deborah L. “Rising to a New Paradigm: Infusing Health and Wellness into the Music Curriculum.” *Philosophy of Music Education Review*, vol. 20, no. 2, 2012, pp. 154–176. *JSTOR*, [www.jstor.org/stable/10.2979/philmusieducrevi.20.2.154. Accessed 19 Feb. 2020](http://www.jstor.org/stable/10.2979/philmusieducrevi.20.2.154.%20Accessed%2019%20Feb.%202020).
* Ryan, C. (2005). Experience of musical performance anxiety in elementary school children. International Journal of Stress Management, 12(4), 331–342. https://doi.org/10.1037/1072-5245.12.4.331
* Studer, R., Gomez, P., Hildebrandt, H., Arial, M., & Danuser, B. (2011). Stage fright: its experience as a problem and coping with it. International Archives of Occupational & Environmental Health, 84(7), 761–771. https://doi.org/10.1007/s00420-010-0608-1
* Wells, R., Outhred, T., Heathers, J. A. J., Kemp, A. H., & Fontenelle, L. (2012). Matter Over Mind: A Randomised-Controlled Trial of Single-Session Biofeedback Training on Performance Anxiety and Heart Rate Variability in Musicians. PLoS ONE, 7(10), 1–11. <https://doi.org/10.1371/journal.pone.0046597>
* Werner, Kenny. Effortless Mastery: Liberating the Master Musician Within. Princeton, N.J: Recording for the Blind & Dyslexic, 2003. Print.
* What Is Performance Anxiety, Really? (2009, July 8). Retrieved March 26, 2017, from http://www.bulletproofmusician.com/what-you-may-not-know-about-performance-anxiety/
* Wristen, B. G. (2013). Depression and Anxiety in University Music Students. UPDATE: Applications of Research in Music Education, 31(2), 20–27. https://doi.org/10.1177/8755123312473613