



## **Annotated Peak Performance Reference List:**

### **The Inner Game of Music** (Timothy Gallwey & Barry Green)

By the best-selling co-author of *Inner Game of Tennis*, here's a book designed to help musicians overcome obstacles, help improve concentration, and reduce nervousness, allowing them to reach new levels of performing excellence and musical artistry.

### **Power Performance for Singers: Transcending the Barriers** (Shirlee Emmons & Alma Thomas)

*Power Performance for Singers* is designed to teach performing artists, and especially singers, how to experience elite performance at their level. The skills outlined in this book will help singers use what they have, to enjoy their voices during performance, and to perform consistently to the best of their present ability.

### **Performance Success: Performing Your Best Under Pressure** (Don Greene)

*Performance Success* teaches a set of skills so that a musician can be ready to go out and sing or play at his or her highest level, working with energies that might otherwise be wasted in unproductive ways. This is a book of skills and exercises, prepared by a master teacher.

### **Audition Success** (Don Greene)

*Audition Success* presents a groundbreaking method that has already made Don Greene one of the country's leading audition trainers. Combining specially designed self-tests and real-life examples from the careers of two performers, *Audition Success* will help performers understand what prevents them from nailing an audition and give them the tools to reach their goals.

### **Mindset: The New Psychology of Success** (Carol S. Dweck)

World-renowned Stanford University psychologist Carol Dweck, in decades of research on achievement and success, has discovered a truly groundbreaking idea—the power of our mindset. Dweck explains why it's not just our abilities and talent that bring us success—but whether we approach them with a fixed or growth mindset. She makes clear why praising intelligence and ability doesn't foster self-esteem and lead to accomplishment, but may actually jeopardize success. With the right mindset, we can motivate our kids and help them to raise their grades, as well as reach our own goals—personal and professional. Dweck reveals what all great parents, teachers, CEOs, and athletes already know: how a simple idea about the brain can create a love of learning and a resilience that is the basis of great accomplishment in every area.

### **Musical Excellence: Strategies and Techniques to Enhance Performance** (Aaron Williamon)

Throughout, the book highlights ways for musicians to make the most of their existing practice, training, and experience and to give them additional tools for acquiring and developing new skills. Each chapter is underpinned by physical and psychological principles relevant to all performance traditions that demand dedication and resilience, unique artistic vision, and effective communication.

### **The Musician's Way: A Guide to Practice, Performance, and Wellness** (Gerald Klickstein)

In *The Musician's Way*, veteran performer and educator Gerald Klickstein combines the latest research with his 30 years of professional experience to provide aspiring musicians with a roadmap to artistic excellence. Part I, *Artful Practice*, describes strategies to interpret and memorize compositions, fuel motivation, collaborate, and more. Part II, *Fearless Performance*, lifts the lid on the hidden causes of nervousness and shows how musicians can become confident performers. Part III, *Lifelong Creativity*, surveys tactics to prevent music-related injuries and equips musicians to tap their own innate creativity. Written in a conversational style, *The Musician's Way* presents an inclusive system for all instrumentalists and vocalists to advance their musical abilities and succeed as performing artists.

### **The Perfect Wrong Note: Learning Trust Your Musical Self** (William Westney)

Drawing on experience, psychological insight, and ancient and modern wisdom, Westney shows how to trust yourself and set your own musicality free.

### **The Psychology of Music Performance Anxiety** (Dianna Kenny)

*Why are some performers exhilarated and energized about performing in public, while others feel a crushing sense of fear and dread, and experience public performance as an overwhelming challenge that must be endured? What are the factors that produce such vastly different performance experiences? Why have consummate artists like Frederic Chopin, Sergei Rachmaninoff, Pablo Casals, Tatiana Troyanos, and Barbra Streisand experienced such intense music performance anxiety? This is a disorder that can affect musicians across a range of genres and of all standards. Some of the 'cures' musicians resort to can be harmful to their health and detrimental to their playing.*

### **Succeed: How We Can Reach Our Goals** (Heidi Grant Halvorson)

Do you ever wonder why Asian students are able to achieve so much more than their American counterparts? Even very smart, very accomplished people are very bad at understanding why they succeed or fail. In *Succeed*, award-winning social psychologist Heidi Grant Halvorson offers counterintuitive insights, illuminating stories, and science-based information that can help anyone:

- Set a goal to pursue even in the face of adversity
- Build willpower, which can be strengthened like a muscle
- Avoid the kind of positive thinking that makes people fail

Whether you want to motivate your kids, your employees, or just yourself, *Succeed* unlocks the secrets of achievement, and shows you how to create new possibilities in every area of your life.

## **SPORT-RELATED, BUT RELEVANT FOR MUSICAL PERFORMERS**

### **10-Minute Toughness: The Mental-Training Program for Winning Before the Game Begins** (Jason Selk)

Mental training is a must for high performance both on the field and off. But simply hoping for mental toughness isn't going to build any mind muscles. You need a proven routine of daily exercises to get you where you want to go. *10-Minute Toughness* is your personal coach for boosting brainpower and achieving a competitive edge in whatever game you play. With quickness and ease, you'll learn how to master your own mind and psych out your opponents using personalized techniques from one of America's most successful sport psychology consultants. Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.

### **Flow in Sports: The keys to optimal experiences and performances** (Susan A. Jackson & Mihaly Csikszentmihalyi)

Some call it a natural "high." Others refer to it as being "in a zone." Whatever it's called, flow is an elusive and very sought-after psychological state that athletes, coaches, and sport psychologists have tried to understand, harness, and employ to their benefit since Mihaly Csikszentmihalyi first coined the term back in the early 1970s. Now, in the first book devoted exclusively to flow in sports, the pioneering legend Csikszentmihalyi and sport psychology researcher Susan Jackson attempt not only to explain the phenomenon but also to identify the key conditions associated with its occurrence.

### **Inner Game of Tennis** (Timothy Gallwey)

Classic guide to the mental side of peak performance.

### **In Pursuit of Excellence** (Terry Orlick)

Reach your potential! Whether you are an athlete, a coach, or a promising high achiever in another walk of life, *In Pursuit of Excellence* provides the expert advice and proven techniques to help you fulfill your aspirations. Author Terry Orlick, an internationally acclaimed sport psychologist, has helped hundreds of Olympic and professional athletes maximize their performances and achieve their goals. In this fourth edition, Orlick provides new insights and a powerful step-by-step plan for you to develop your own personal path to excellence.

**The New Toughness Training for Sports** (James E. Loehr)

Loehr offers a toughness program that allows you to play at the very top of your game--every time. You'll learn how to trigger you Ideal Performance State (IPS) on demand and gain the heightened physical, mental, and emotional mind-body toughness so vital to sports.