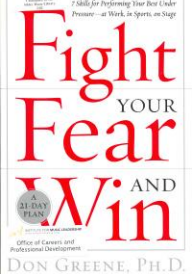

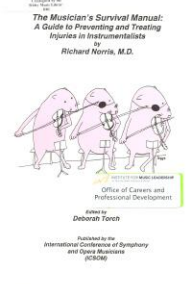



REFERENCE LIBRARY

Health & Performance Anxiety

 <p>7 Skills for Performing Your Best Under Pressure—at Work, in Sports, on Stage</p> <p>Fight YOUR Fear AND Win</p> <p>Office of Careers and Professional Development</p> <p>DON GREENE, PH.D.</p>	<p>Greene, Don. <u>Fight Your Fear and Win</u>. New York: Broadway Books, 2001.</p> <p><i>This author, a sports psychologist and “stress” coach, presents the seven skills that he has determined are essential to performing well under pressure. This book could be helpful for performers who suffer from performance anxiety.</i></p>
 <p>Music as Medicine</p> <p>Deforia Lane</p>	<p>Lane, Deforia. <u>Music as Medicine</u>. Grand Rapids, Michigan: Zondervan Publishing House, 1994.</p> <p><i>This book is the memoir of Deforia Lane, who is the resident director of music therapy at Children’s Hospital in Cleveland. It contains some references to music therapy, but the book is mostly a chronicle of her experiences as a healer through music.</i></p>
 <p>The Musician's Survival Manual: A Guide to Preventing and Treating Injuries in Instrumentalists</p> <p>Richard Norris, M.D.</p> <p>Office of Careers and Professional Development</p> <p>Edited by Deborah Torch</p> <p>Published by the International Conference of Symphony and Opera Musicians (ICSOM)</p>	<p>Norris, Richard. <u>The Musician’s Survival Manual: A Guide to Preventing and Treating Injuries in Instrumentalists</u>. St. Louis, Missouri: MMB Music, Inc., 1993.</p> <p><i>This book can help the musician understand the different types of injuries, the causes and the cures. While not a substitute for a physician’s exam, this book can be a good first step in prevention and understanding.</i></p>
 <p>the confident performer</p> <p>Dr. David Roland</p>	<p>Roland, David. <u>The Confident Performer</u>. Portsmouth, NH: Heinemann, 1997.</p> <p><i>Psychologist Dr. David Roland helps prepare performers against overwhelming anxiety with techniques that boost confidence, keep focus, and allow relaxation. Also includes case studies and relaxation scripts.</i></p>