

RESOURCE LIST

Compiled by Sherry Sinift

The Teaching of Action in String Playing by Paul Rolland

Published by ASTA

This volume represents the fruits of Rolland's Illinois String Research Project. In it he outlines an approach that emphasizes balance and freedom of movement. As well as the introduction of advanced techniques such as shifting and vibrato in embryonic form in the beginning stages of string study.

The Principles of Violin Playing and Teaching by Ivan Galamian with Elizabeth Greene

A timeless analysis of many details of violin playing. In contrast to Rolland, Galamian focuses many times on the more minute details of right and left hand technique as well as sharing important thoughts about artistry and teaching.

The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance by Timothy Gallwey (or Barry Green's adaptation The Inner Game of Music)

"The Inner Game of Tennis is a revolutionary program for overcoming the self-doubt, nervousness, and lapses of concentration that can keep a player from winning." This book outlines the different pathways of learning that Gallwey labels self-one and self-two. This is the original inspiration of Mimi Zweig's "non-judgemental approach".

Performance Success: Performing Your Best Under Pressure

AND

Fight Your Fear and Win: Seven Skills for Performing Your Best Under Pressure--At Work, In Sports, On Stage

by Don Greene

Don Greene is a 'performance coach'. The hallmark of his approach is a set of mental and physical skills he calls "Centering". Even young students can benefit from this practice.

Also, check out his videos: <http://dongreene.com/live/>

Stagefright: Letting it Work for You by Robert Triplett

Outlines the various "voices" in our heads, such as the inner critic and provides suggestions for how to make them work for us. Also provides physical exercises for managing the physical manifestations of performance anxiety.

Stagefright by Kato Havas

Outlines various "fears" related to performing, their causes and cures.

Violin Playing as I Teach It by Leopold Auer

Especially recommended: the chapters entitled Nuance and Style

Casals and the Art of Interpretation by David Blum

"This is an immensely valuable book and one which is clearly designed to appeal to all musicians—not just string players...Mr. Blum has captured in great detail the little things that so often make a great teacher. I would strongly recommend this book to anyone with an interest in the Art of Interpretation."—*Music Teacher*

Helping Parents Practice by Edmund Sprunger

Helping Parents Practice: Ideas for Making it Easier is a response to the most common concerns of parents who practice a musical instrument with their children. Author Edmund Sprunger has taught violin for over twenty years both in his home studio and at workshops across the US and Canada.

Notching Up the Nurtured Heart Approach by Howard Glasser with Melissa Lynn Block

Glasser's approach encourages teachers and parents to refuse to "energize negativity" in the behaviors of students and suggests a deeper level of affirmation that goes beyond saying "good job". This book made a significant enough impression that in addition to applying the concepts myself, I have also included portions of it for reading and discussion in my pedagogy classes.

Growing Up Again: Parenting Ourselves, Parenting Our Children (Paperback)

by [Jean Illsley Clarke](#) (Author), [Connie Dawson](#) (Author)

Goes into details about important concepts in parenting which can also be applied to teaching such as determining what is negotiable and non-negotiable and whether the child needs nurture or structure in a given situation.

Blink: The Power of Thinking Without Thinking by Malcolm Gladwell

Publisher-Little, Brown and Company

Gladwell explores what we would commonly call intuition or instinct, on which we base many decisions and judgments "in the blink of an eye" and shares anecdotes of people whose intuition is finely developed and others whose intuitions are colored by bias. We must rely on our intuitions as teachers but also examine them from time to time, for that reason I found this an interesting and pertinent read.