

Performance Anxiety - Reading List

- *The Inner Game of Tennis* (1975) W. Timothy Gallwey. Pan books
- *The Inner Game of Music* (1987) Barry Green, W Timothy Gallwey, Pan books
- *the confident performer* (1997) Dr David Roland, Currency Press
- *Don't Freak Out, Speak Out* (2001), Ruth Bonetti
- *Confident Music Performance* (2003), Ruth Bonetti
- *Treatment Approaches for Music Performance Anxiety: What works?* (2004), Dianna Kenny PhD (available at www.succeedwithmusic.com) [This is the shortened version of the paper outlined below]
- *Master Your Adrenalin...*(2003) Elizabeth Robinson article on www.succeedwithmusic.com

Associate Professor Dianna Kenny PhD, from the Australian Centre for Applied Research in Music, Conservatorium of Music, The University of Sydney, NSW, Australia, has written a paper entitled *Treatment for Music Performance Anxiety: what works?*(2003) This paper reviews all the current research on music performance anxiety. She presented the paper to the TOAN Orchestras Alive 2003 Conference, 23-24 August, at the Conservatorium of Music in Sydney. To request a reprint of the paper email: D.Kenny@fhs.usyd.edu.au