

BODY MAPPING RESOURCES

BOOKS, DVD'S, MODELS

	Title	Author	Publisher Info
	Body Mapping		
Body Mapping Books & DVD's	What Every Musician Needs to Know About the Body: The Practical Application of Body Mapping to Making Music	Barbara Conable	Andover Press, Protland, OR 0-9622595-6-X
	Move Well, Avoid Injury: What Everyone Needs to Know About the Body [DVD]	Barbara Conable & Amy Likar	Andover Productions, LLC www.movewellavoidinjury.com
	What Every Singer Needs to Know About the Body (2 nd edition) [Book & eBook available]	Melissa Malde, MaryJean Allen, Kurt-Alexander Zeller	Plural Publishing, Inc., San Diego, CA 978-1-59756-324-6
	What Every Violinist Needs to Know About the Body	Jennifer Johnson	GIA Publications, Inc., Chicago, IL 978-1-57999-734-2

What Every Pianist Needs to Know About the Body with Supplementary Material for Organists (Book and VHS-566)	Thomas Mark	GIA Publications, Chicago, IL ISBN: 1-57999-206-4
What Every Trombonist Needs to Know About the Body	David Vining	Kagarice Brass Editions, Denton TX 978-0-615-22410-7
Body Mapping for Flautists: What Every Flute Player Needs to Know About the Body	Lea Pearson	GIA Publications, Chicago, IL ISBN: 978-1-57999-500-3
What Every Dancer Needs to Know About the Body: A Workshop of Body Mapping and the Alexander Technique	Robin Gilmore	Andover Press, Portland, OR ISBN: 978-0-9622595-7-9
The Structures and Movement of Breathing: A primer for choirs and choruses	Barbara Conable	GIA Publications, Chicago, IL 1-57999-099-1
Oboemotions: What Every Oboe Player Needs to Know About the Body	Stephen Caplan	GIA Publications, Chicago, IL
Evoking Sound: Body Mapping Principles & Basic Conducting Technique [DVD]	James Jordan & Heather Buchanan	GIA Publications, Chicago, IL 9-781579-993795
The Breathing Book	Stephen Caplan	Mountain Peak Music
Breathing – French Horn	David Nesmith	www.breathingbookforhorn.com

	<i>Enhancing Musical Performance through Somatic Pedagogy: An Introduction to Body Mapping for Choral Conductors</i> in Teaching Music through Performance in Choir, Vol.2.	Heather Buchanan (Buchanan & Mehaffey, eds.).	GIA Publications, Chicago, IL ISBN: 978-1-57999-663-5
	<i>Body Mapping: Enhancing Voice Performance through Somatic Pedagogy</i> in Teaching Singing in the 21 st Century [Hard cover or eBook]	Heather Buchanan (Harrison & O'Bryan, eds.).	Springer Publications, New York ISBN 978-94-017-8850-2
	The Body Has a Mind of it's Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better	Sandra Blakeslee & Matthew Blakeslee	Random House, New York ISBN 978-1-4000-6469-4
	Training Attention (Awareness/Mindfulness)		
Training Attention (Awareness & Mindfulness)	The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body	Les Fehmi, Ph.D. & Jim Robbins	Trumpeter Books, Boston, MA, ISBN: 978-1-59030-376-4
	The Power of Mindful Learning	Ellen J. Langer, Ph.D.	Da Capo Press, Cambridge, MA ISBN: 0-201-33991-9
	On Becoming An Artist: Reinventing Yourself Through Mindful Creativity	Ellen J. Langer, Ph.D.	Ballentine Books, New York, NY ISBN: 0-345-45630-0
	Body Mind Mastery: Creating Success in Sport and Life	Dan Millman	New World Library, Novato, CA ISBN: 1-57731-094-2

	Sensory Tune-ups: A Guided Journal of Sensory Experiences for Performers of All Ages	Kay S. Hooper	AllSense Press, Celinsgrove, PA
	Constructive Rest Guides	David Nesmith	www.constructiverest.com
	Musicians' Self Care & Education		
Musicians' Self Care & Education	Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program	Sharon J. Butler	New Harbinger Publications, Oakland, CA 1-57224-039-3
	The Musician's Body: A Maintenance Manual for Peak Performance The Guildhall School of Music and Drama, London, England	Jaume Rosset I Llobet and George Odam	Ashgate Publishing Ltd. Aldershot, England ISBN: 978-0-7546-6210-5
	The Balanced Musician: Integrating Mind & Body for Peak Performance	Lesley Sisterhen McCallister	The Scarecrow Press, Inc., Plymouth, UK ISBN 978-0-8108-8293-5
	Playing (less) Hurt; An Injury Prevention Guide for Musicians	Janet Horvath	Morris Publishing, Kearney, NE ISBN: 0-971735-0-7
	Instant Stretches for Stress Relief: Instant Energy and Relaxation with Easy-to-Follow Yoga Stretching Techniques	Mark Evans	Lorenz Books, New York, NY ISBN: 1-85967-294-9

	Therapeutic Exercises using the Swiss Ball	Caroline Corning Creager, PT	Executive Physical Therapy, Inc, Berthoud, CO. 0-9641153-0-1
	Pelvic Power: Mind/body exercises for strength, flexibility, posture, and balance for men and women	Eric Franklin	Elysian Editions, Hightstown, NJ 0-87127-259-8
	Relax your Neck, Liberate your Shoulders: The ultimate exercise program for tension relief	Eric Franklin	Elysian Editions, Hightstown, NJ 0-87127-248-2
	When Listening Comes Alive: A Guide to Effective Learning and Communication	Paul Madaule	Moulin Publishing, Norval, Ontario 0-9697079-1-6
	The Ear and the Voice	Alfred A. Tomatis	Scarecrow Press, Lanham, MD ISBN: 0-8108-5137-7
	Personal Growth, Creativity & Performance		
Personal Growth, Creativity & Performance Enhancement	Coaching the Artist Within: Advice for Writers, Actors, Visual Artists and Musicians from America's Foremost Creativity Coach	Eric Maisel	New World Library, Novato, CA ISBN: 1-57731-464-6
	On Becoming An Artist: Reinventing Yourself Through Mindful Creativity	Ellen J. Langer, Ph.D.	Ballentine Books, New York, NY ISBN: 0-345-45630-0
	Feel the Fear and Do It Anyway: Dynamic Techniques for Turning Fear, Indecision and Anger into Power, Action, and Love	Susan Jeffers, Ph. D.	Ballantine Books, New York, NY ISBN: 0-449-90292-7

	Mastery: The Keys to Success and Long-term Fulfillment	George Leonard	Plume Books by Penguin, New York, NY ISBN: 0-452-26756-0
	Audition Success: An Olympic Sports Psychologist Teaches Performing Artists How to Win	Don Green, Ph.D.	ProMind Music, New York, NY ISBN: 0-9665993-0-6
	The Audition Process: Anxiety Management and Coping Strategies	Allan Victor Dunkel & Stuart Edwart Dunkel	Pendragon Press, Stuyvesant, NY ISBN: 0-945193-35-1
	Notes of Hope: Stories by Musicians Coping with Injuries	Compiled by David Vining	Mountain Peak Music ISBN 978-1-935510-68-0
	Anatomy & Physiology		
Anatomy & Physiology	Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists	Thomas W. Myers	Churchill Livingstone – Elsevier Science 0-443-06351-6
	Trail Guide to the Body: A hands-on guide to locating muscles, bones & more	Andrew Biel	Books of Discovery ISBN 978-0-9826634-0-0
	The Princeton Review Anatomy Coloring Workbook	I. Edward Alcamo, Ph.D.	Random House, Inc., New York, NY 0-679-77849-7

	Pocket Atlas of the Moving Body: For all students of human biology, medicine, sports and physical therapy	Mel Cash	Ebury Press, London. 0-09-186512-3
	The World's Best Anatomical Charts		Anatomical Chart Company, Skokie, IL 0-9603730-5-5
	The Female Pelvis: Anatomy & Exercises	Blandine Calais-Germain	Eastland Press, Seattle, CA 0-939616-38-6
	The Atlas of Human Anatomy (Textbook & CD-ROM)	Frank H. Netter	Icon Learning Systems, Teterboro, NJ ISBN: 0-914168-81-9
	Piecing Together the Skeletal System (Flip chart)		Anatomical Chart Company ISBN: 1-889241-04-0
	Anatomy and Physiology Made Incredibly Easy		Springhouse Corporation, Springhouse, PA ISBN: 1-58255-043-3
	Complete Human Anatomy DVD-ROM www.primalpictures.com	Primal Software	Primal Pictures Ltd, London.
	The Alexander Technique & Feldenkrais		
The Alexander Technique & Feldenkrais	Body Learning: An Introduction to the Alexander Technique	Michael J. Gelb	Henry Holt & Company, New York, NY 0-8050-4206-7

	How to Learn the Alexander Technique: A Manual for Students	Barbara Conable William Conable	Andover Press, Columbus, OH 0-9622595-4-3
	Freedom to Change: The Development and Science of The Alexander Technique	Frank Pierce Jones	Mouritz Ltd., London, UK ISBN: 0-9525574-7-9
	Singing With Your Whole Self: The Feldenkrais Method and Voice	Samuel H. Nelson & Elizabeth Blades-Zeller	Scarecrow Press, Inc., Lanham, MD ISBN: 0-8108-4049-9
	Optimal Moves: Effortless Use of the Arms and Hands (CD-ROM)	Mary Spire	Optimal Moves, Berkeley, CA 1-866-678-8948
	Performance Enhancement		
Performance Enhancement	Feel the Fear and Do It Anyway: Dynamic Techniques for Turning Fear, Indecision and Anger into Power, Action, and Love	Susan Jeffers, Ph. D.	Ballantine Books, New York, NY ISBN: 0-449-90292-7
	Mastery: The Keys to Success and Long-term Fulfillment	George Leonard	Plume Books by Penguin, New York, NY ISBN: 0-452-26756-0
	Audition Success: An Olympic Sports Psychologist Teaches Performing Artists How to Win	Don Green, Ph.D.	ProMind Music, New York, NY ISBN: 0-9665993-0-6

	The Audition Process: Anxiety Management and Coping Strategies	Allan Victor Dunkel & Stuart Edwart Dunkel	Pendragon Press, Stuyvesant, NY ISBN: 0-945193-35-1
	Anatomical Models		
Anatomical Models	Global Technologies www.global-technologies.net		Fort Lauderdale, FL 1-888-437-3900