

## **Addendum to Musicians' Wellness: Preparing for Recitals**

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Recommended resources (in addition to Elizabeth Volpé-Bligh's website – [www.elizabethvolpebligh.com](http://www.elizabethvolpebligh.com)):

- Madeline Bruser, *The Art of Practicing: A Guide to Making Music From the Heart* (Bell Tower Books, 1997), covers the healthy physical and mental aspects of how to practice. (Available at the Seattle Public Library, King County Library System, and University of Washington Libraries as well as for purchase.)
- Benjamin Zander, conductor of the Boston Philharmonic Orchestra, talks and demonstrates his philosophies of music with a young cello student on *Pop! Tech 2008*; it is inspiring and full of good ideas that will assist with recital preparation. Available at <http://www.poptech.com/popcasts/popcasts.aspx?lang=&viewcastid=211>