

Favorite Performance Confidence Websites & Books

The Bullet Proof Musician How to overcome stage fright and performance anxiety.
Dr. Noa Kageyama - Professor at Juilliard School of Music
<http://www.bulletproofmusician.com>

Getting Fearless - On becoming fearless...Learn, Love Well & Let Go - Jeff Nelsen
<http://www.jeffnelsen.com>

The Musicians Way *A Guide to Practice, Performance, and Wellness*,
Gerald Klickstein.
<http://www.musiciansway.com>

Peak Performance for Musicians - Peak performance strategies for Musicians.
<http://www.musicpeakperformance.com>

Perform Confidently - Performance anxiety coaching and speaking, Helen Spielman
<http://www.performconfidently.com>

Performance Mastery, Audition Success - Books, classes, coaching
Dr. Don Greene
<http://dongreene.com/live/>

The Perfect Wrong Note - Book, Lectures, Classes, Coaching...
William Westney
<http://williamwestney.com>

TED Talks - Ideas Worth Spreading - Look up Confidence, Performing, or Music and be inspired by the wonderful ideas and information you will receive from these free videos.
<http://www.ted.com>

Practice Ideas & Exercises, for the Whole Musician - Articles and blog on performance confidence and other ideas.
Jennifer Keeney
www.creativeflutist.com

Favorite Performance Confidence and more... Books.

Favorite Performance Confidence Websites & Books

High Performance Habits - Brendon Burchard

Finish - Jon Acuff

The Perfect Wrong Note, Learning to Trust Your Musical Self - William Westney

Just Play Naturally - Vivian Mackie & Joel Armstrong

Musicians Way - Gerald Klickstein

Mental Toughness for Sports - James Loehr

Peak Performance Every Time - Simon Hartley

The 5 Second Rule - Mel Robbins

The Crossroads of Should and Must- Elle Luna

Letters to an Artist - Rilke

Letters to and Artist, Straight Up Advice on ...The Arts - Anna Deavere Smith

The Confidence Code, What Every Woman Should Know - Katty Kay & Claire Shopman

The Mastery of Music - Barry Green

Mastering the Art of Performance, A Primer for Musicians - Stewart Gordon

Performance Success - Don Green

Fight your Fear and Win - Don Green

Soprano on Her Head - Eloise Ristad

The Music Lesson - Victor Wooten

Sacred Hoops - Phil Jackson

Coaching the Artist Within: - Eric Maisel

Performance Power, turning stress into creative energy - Dr. Tarr Kruger

The Motivation Breakthrough - Richard Lavoie

Sound in Motion - McGill

Musicophilia Tales of Music and the Brain-Oliver Sacks

The Mysticism of Sound & Music and The Music Of Life- Hazrat Inayat Khan

Effortless Mastery: Liberating the Master Musician Within by Kenny Werner

Running Within - Jerry Lynch & Warren Scott

The Inner Game of Tennis - Timmothy Gallwey

There is a full [list of books](#) on my website.