

**Sources Cited in Doc Wallace's *The Psycho-Physical Rock Star Session*  
MWROC Music Festival**

**These are some books that have helped me on my way to peak performance and freedom from anxiety. Some may be out-of-print, but you should be able to get them via interlibrary loan:**

**Mental Conditioning and Musical Preparation:**

W. Timothy Gallwey: *The Inner Game of Tennis*

Don Greene: *Audition Success*

Barry Green: *The Inner Game of Music*

Julie Lyonn Lieberman: *You are Your Instrument*

Jim Loehr: *Toughness Training for Life*

W.A. Matthieu: *The Listening Book*

Dale Reubart: *Anxiety and Musical Performance: On Playing the Piano from Memory*

Kenny Werner: *Effortless Mastery*

**Physical Therapies and Physical Training:**

Bob & Jean Anderson: *Stretching*

Mihaly Csikszentmihalyi: *Flow*

Edmund Jacobson: *Progressive Relaxation*

Bess Mensendieck: *Look Better, Feel Better*

Moshé Feldenkrais: *Awareness through Movement*

Michael Gelb: *Body Learning: An Introduction to the Alexander Technique*

**My Peak Performance [YouTube Playlist](#):**

<https://www.youtube.com/playlist?list=PLKafwGijdU4tJdwXhJBKgAuwR6co6PYpM>

Short videos and lessons on conquering stage fright.

I also have series of peak performance lessons and memorization lessons at subscription lesson site [www.mytalentforge.com/dw](http://www.mytalentforge.com/dw).