

## HarpArts



For the past few years at HarpArts we have all worked together on bolstering our confidence around performing, sharing stories of practicing and rehearsal strategies, and even sometimes relaying happy encounters with an audience! For one evening during each session in 2009 we are going to move beyond sharing anecdotal stories and invite you all to the HarpArts Book Club. For this first year come to listen, come to share, or just come to read in a corner. If you have experience with any of the books listed here, or you have a favorite book on performing that you would like to share with us, bring the book along, and also plan on sharing with us a book report during Book Club Night! Just like any book club worth its' salt, there will be wine to share and I am certain lots of laughter! Mary Jane is ready with a report on *Making Music for the Joy of It* by Stephanie Judy. Additional reads available at the retreat and open for your discussion will include: *The Art of Practicing: A Guide to Making Music from the Heart* by Madeline Bruser; *Fight Your Fear and Win: Seven Skills for Performing Your Best Under Pressure--At Work, In Sports, On Stage*, Dr. Don Greene; *Audition Success*, Don Greene; *Performance Success : Performing Your Best Under Pressure* Don Greene; *The Perfect Wrong Note - Learning to Trust Your Musical Self* by William Westney

There are as many ways to talk about what makes performance a pleasure as there are Bochsá etudes, so if you have a favorite tome, or approach, or mantra, bring it along to Book Club! See you all in a very few short weeks. I am practicing like crazy!!!

Lynne