

CONTENTS

<i>Acknowledgments</i>	ix
<i>List of Contributors</i>	xi

PART V ENHANCEMENTS— PART EDITOR REINHARD KOPIEZ

1. The Feldenkrais Method	3
STEPHEN A. PAPARO	
2. The Alexander Technique	22
ELIZABETH R. VALENTINE, JUDITH KLEINMAN, AND PETER BUCKOKE	
3. Peak performance	42
JOHANNES LUNDE HATFIELD, GLYN C. ROBERTS, AND PIERRE-NICOLAS LEMYRE	
4. Mindfulness	65
FRANK M. DIAZ	
5. Stage behavior, impression management, and charisma	84
FRIEDRICH PLATZ AND REINHARD KOPIEZ	
6. Enhancing music performance appraisal	103
GARY E. MCPHERSON AND EMERY SCHUBERT	
7. Creating sustainable performance careers	135
KAREN BURLAND AND DAWN BENNETT	

**PART VI HEALTH AND WELLBEING—
PART EDITOR ECKART ALTENMÜLLER**

- | | |
|---|-----|
| 8. Brain mechanisms of musical learning and performing
ECKART ALTENMÜLLER | 157 |
| 9. Musical activities in people with disabilities
MARIA SCHUPPERT AND ECKART ALTENMÜLLER | 179 |
| 10. Music performance anxiety
MARGARET S. OSBORNE AND JENNIFER KIRSNER | 204 |
| 11. Diseases and health risks in instrumentalists
CLAUDIA SPAHN | 232 |
| 12. Hearing and voice
BERNHARD RICHTER | 260 |
| 13. Promoting health-related lifestyle
LILIANA S. ARAÚJO AND CLAUDIA SPAHN | 279 |

**PART VII SCIENCE—PART EDITOR
JIM WOODHOUSE**

- | | |
|---|-----|
| 14. Woodwind and brass instruments
JOE WOLFE | 309 |
| 15. String instruments—plucked
JIM WOODHOUSE | 333 |
| 16. String instruments—bowed
JIM WOODHOUSE | 342 |
| 17. Piano
RICHARD PARNCUTT AND WERNER GOEBL | 355 |
| 18. Solo voice
GRAHAM F. WELCH | 378 |
| 19. Vocal ensembles
HARALD JERS AND STEN TERNSTRÖM | 399 |

20. Instrumental ensembles	418
LAURA BISHOP AND PETER E. KELLER	
21. Electronic instruments	442
CHRIS CHAFE	
22. Motion capture of music performances	465
MARCELO M. WANDERLEY	

PART VIII INNOVATIONS— PART EDITOR AARON WILLIAMON

Technological Innovations

23. Synchronous online learning, teaching, and performing	499
TANIA LISBOA, PÉTUR JÓNASSON, AND CAROL JOHNSON	
24. Technology-enhanced learning of performance	528
RAFAEL RAMIREZ-MELENDEZ AND GEORGE WADDELL	

Social and Wellbeing Innovations

25. Interdisciplinary experiential learning	555
TERRY CLARK AND AARON WILLIAMON	
26. Fostering musicians' wellbeing	574
SARA ASCENSO, ANTONELLA DELLE FAVE, ROSIE PERKINS, AND AARON WILLIAMON	

<i>Index</i>	595
--------------	-----