

Resource list #1

Playing, writing, hanging with musicians (artists) and listening intently to as much music as possible, in combination with living a highly creative and 'rich' life has proven to help me advance in my life goals of achieving joy and peace while playing the trumpet. As was (is) the case with me, I often need(ed) other sources of inspiration besides just 'playing' in order to get to a productive artistic state. (Lest I forget to mention the importance of exercise, good posture, good food, good people and so on...)

Below are some great resources that have helped me out along the way.

- Psycho-cybernetics – Maxwell Maltz (and the New Psycho-cybernetics)
- The Power of Now- Eckhart Tolle
- Effortless Mastery- Kenny Werner
- Way of the Peaceful Warrior- Dan Millman *****
- Freeplay- Stephen Nachmanovich
- The Inner Game of Tennis- Tim Galloway
- The Inner Game of Music- Barry Green and Tim Galloway
- If you want to Write- Brenda Euland
- The Art of Happiness- The Dalai Lama
- Focusing- Eugene T. Gendlin
- Be Nice to Yourself- Gary Null
- The Wisdom of Thich Nhat Hanh
- The Artists Way –Julia Cameron *** Highly recommended.
- Vocal Wisdom- Giovanni Battista Lamperti
- Think on These Things –Krishnamurti
- Zen in the Art of Archery
- Sugar Blues (you will never eat white sugar again!)
- Fast Food Nation
- Fasting- Paul Bragg (Or any book on juice-fasting that helps you lose weight and emphasizes exercise!)
- Feel the fear and do it anyways.
- A Tooth from the Tigers Mouth- Tom Bisio
- Non-Violent Communication- Dr.Michael Rosenburg MD
- The Speeches of Martin Luther King

Jazz Books

- Bird
- Miles- The Autobiography
- Music is my Mistress- Duke Ellington
- Castles made of Sound- Gil Evans
- Footprints (Wayne Shorter) – Michelle Mercer
- Gloria- The Story of Mary Lou Williams

Method books

- John McNeil- The Art of Jazz trumpet and How to Play Jazz
- Hal Crook-How to Improvise
- Forward Motion –Hal Galper
- Flexus – Laurie Frink and John McNeil

