

Recommended further reading & book sources

Lecture series: *Sound + Soul: How does music work?*

- 1) “Music, the brain and ecstasy: how music captures our imagination” by Robert Jourdain; HIGHLY recommended book covering most of the topics in the lecture series, nicely written and refreshing!
- 2) “A Natural History of the Senses” by Diane Ackerman; HIGHLY recommended book on touch, sight, sound, smell, and taste; fascinating book and beautifully researched and written by poet Diane Ackerman; must-read!
- 3) “Free Play – Improvisation in life and art” by Stephen Nachmanovitch; HIGHLY recommended book on improvisation in music, life, and art with lots of philosophical and Buddhist references; fascinating!
- 4) “The world in six songs: how the musical brain created human nature” by Daniel Levitin; good overview of music, brain, culture;
- 5) “Big Magic – Creative living beyond fear” by Elizabeth Gilbert; wonderful pep talk about building creativity in your life and tackling the fears that suppress it;
- 6) “The art of practising – a guide to making music from the heart” by Madeline Bruser; nice overview of music-making, instructive and not as dry as it sounds! (you might want to watch for the companion book I could easily write: *‘the art of not practicing’* – just kidding)
- 7) “Psychology of music: from sound to significance” by Siu-Lan Tan, Peter Pfordresher and Ron Harre: text book used for McMaster University course on music cognition;
- 8) “The Enjoyment of Music – an introduction to perceptive listening” by Joseph Machlis, excellent text book from my high school Grade 13 music course!
- 9) “Bridge of waves: what music is and how listening to it changes the world” by W.A.Mathieu – philosophy of sound and music;

- 10) "The Great Composers – an illustrated guide" by Wendy Thompson
- 11) "You are the music: how music reveals what it means to be human" by Victoria Williamson; the role of music in human experience
- 12) "The NPR Listener's Guide to Classical Music" by Tim Smith
- 13) "The art of possibility" by Rosamund & Benjamin Zander; excellent book on music, leadership, and humanity. B.Zander is conductor of Boston Philharmonic Orchestra
- 14) "Jazz-Rock Fusion" by Julie Coryell and Laura Friedman; excellent overview of unique genre of music from mid-1970's that inspired me as a young drummer/musician (with pictures!);
- 15) "The Lives of the Great Composers" by Harold C. Schonberg: excellent overview of the major classical composers and the people behind the music;