

THE SELF-COMPASSIONATE MUSICIAN:

LEARNING TO LOVE YOUR *SELF* THROUGH MUSIC-MAKING AND TEACHING

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RECOMMENDED RESOURCES

Germer, Christopher K. *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York, NY: The Guilford Press, 2009.

Germer, Christopher K. <http://www.mindfulselfcompassion.org/>

Brach, Tara. *Radical Acceptance: Embracing Your Life With The Heart Of A Buddha*. New York: Bantam Books, 2003.

Brach, Tara. Excerpt from *The Rain of Meditation*.
<https://www.tarabrach.com/meditation-the-rain-of-self-compassion/>

Johnson, Jessica. "The Self-Compassionate Musician: Learning to Love Your Self Through Music-Making and Teaching," *American Music Teacher*. August/September, 2016, pp. 19-22.

Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness in Everyday Life*. New York: Hyperion, 1994.

Neff, Kristin. *Self-Compassion*. Web. 1 July 2015.
<http://self-compassion.org/the-three-elements-of-self-compassion-2/>

Neff, Kristin. *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. New York: Harper Collins, 2011.

ADDITIONAL WEBSITES

Center for Mindful Self-Compassion. <http://centerformsc.org/>

Center for Healthy Minds (UW-Madison). <https://centerhealthyminds.org/>

Making Friends With Yourself: A Mindful Self-Compassion Program for Teens and Young Adults. <http://www.mindfulselfcompassionforteens.com/>

Mindful. <http://www.mindful.org/>