

From “The Professional Balancing Act”

Recommended Reading

1. ***Range* by David Epstein**

For anybody looking to balance their life better, *Range* showcases the power of diversifying your energy. As a music teacher it also serves as a good reminder that sometimes kids can switch instruments or paths and it can turn out really well!

2. ***Drive* by Daniel Pink**

Most great musicians and teachers have a natural drive. We wish our students did as well. *Drive* has been around for more than a decade but the ideas are still fresh and still haven't made their way far enough into the music class.

3. ***Focus* by Daniel Goleman**

Diversifying activities can take a lot of energy and focus. Our limited bandwidth is little understood. On the music teacher's path to ultimate life balance, knowing the limits and abilities of your bandwidth is a must.

4. ***Grit* by Angela Duckworth**

Extremely well-known and slightly controversial, it's a must read for anybody asking their students to push through, and for any music teacher looking to push through themselves. Grit is a major defining factor in success. It's a great question to ask ourselves how it fits into our life balance equation.

5. ***The Talent Code* by Daniel Coyle**

Understanding what the current science says about “talent” is important for all music teachers. While this book might not have all of the answers, it should be the starting point for our conversations.

6. ***When* by Daniel Pink**

The science of timing from music to our body clocks is explored. This book has many useful tricks to maintaining your own energy to do everything that needs to be done and more.

7. ***The Power of Habit* by Charles Duhigg**

Musicians know habits. Teachers know routines. Here's more science behind what we inherently know and ways we can pass it along to students.