Bucknell Institute for Lifelong Learning
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The Transformative Power of the Arts for our Health

Lois Svard

The following resources provide additional information about the subjects covered in the talk.

Books

Cameron, Julia. The Artist's Way: A Spiritual Path to Higher Creativity

Fancourt, Daisy. Art Cure: The Science of How the Arts Save Lives

Levitin, Daniel J. I Heard There Was a Secret Chord: Music as Medicine

Levy, Becca. Breaking the Age Code: How Your Beliefs About Aging Determine How Long & Well You Live

Magsamen, Susan and Ivy Ross. Your Brain on Art: How the Arts Transform Us

Mithen, Steven. The Singing Neanderthals: The Origins of Music, Language, Mind, and Body

Svard, Lois. The Musical Brain: What Students, Teachers, and Performers Need to Know
Also available on Amazon, but you can use a 30% Discount Code - AUFLY30 - if ordering on the Oxford site.

Video clips (the talk contained excerpts from these videos)

11 Month Old Twins Dancing to Daddy's Guitar

Dallas Street Choir singing Somewhere Over the Rainbow

Singing for Lung Function

Warriors in the North: Healing Through Art

Videos

Alive Inside: A Story of Music and Memory – the 2014 Sundance Award-winning documentary about the transformative power of personalized music for individuals suffering from Alzheimer's.

Not at the Union County Public Library, but available on Amazon Prime

Websites:

Mark Morris Dance for PD

Music & Memory (about music for Alzheimer's patients)

MusiCorps (music for wounded veterans at Walter Reed)

Blog posts from The Musician's Brain pertaining to the BiLL talk

Music in the NICU (contains two videos of music being used in the NICU; I used an excerpt from one of them)

About cognitive reserve

Building cognitive reserve in areas other than music

Neuroplasticity and cognitive reserve

About the Hannover-Geneva study discussed in the BiLL talk