

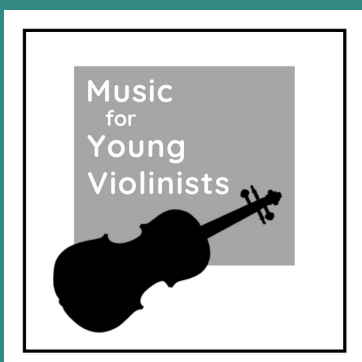
Nervous before your performance?

Z Y X W V
U T S R Q P O N M
L K J I H G F E
D C B A

Say the alphabet
backward in your
mind to help regain
a sense of calm.

To learn how and why this neat little trick
works, please visit

www.MusicforYoungViolinists.com
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