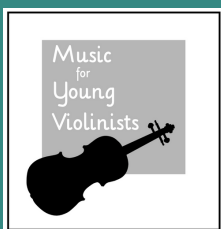


# Nervous before your performance?

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](http://www.MusicforYoungViolinists.com)  
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