

Happy Readers

“Janet - I just got your book *Playing Less Hurt* and read it cover to cover. It was exactly the book I needed to read before I got hurt, but still gives me hope to recover and learn to play again without re-injuring myself.”

--*Jon Wieland*

“I just wanted to thank you again for the seminar presenting your book yesterday in the reference library, London. It was one of the most thought provoking events I have been to (and I've just finished University!) and has really made me appreciate musicians in a new way. It is fascinating to think of the huge scope that is still yet to be covered in the injury rehabilitation of performing artists in your field. I will be sure to recommend your book to anyone who will listen!”

--*Alison Whitaker*

“I was lucky enough to attend the lecture you gave on physical therapy at Bowdoin Music Festival, and then I also purchased your book and have since really studied it. I went through really difficult physical injuries in the first two years of my conservatory, and although these injuries made me a better person and violinist, I have had to learn everything you have mentioned in your book the hard way. So, thank you again.”

--*Ilya Dobrovitsky*