



PREMIERED JANUARY 13, 2021

9 BOOKS ABOUT DRUMMING



“9 BOOKS ABOUT DRUMMING” ARE THE FIRST TO RECEIVE THE 2021 ONE HEART - ONE SPIRIT BOOK AWARDS

Williamstown, MA (January 13, 2021) - The [One Heart - One Spirit Book Awards](#) has chosen “9 Books About Drumming” as its first group of award-winning books to honor today at oneheartmovies.org/awards. Why award “9 Books About Drumming”? All the authors are featured in the new documentary film, “[WE ALL JUST NEED TO DRUM!](#)”

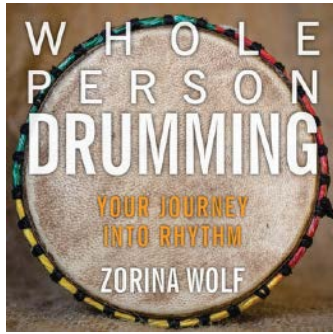
The [One Heart - One Spirit Book Awards](#) is the world's first book awards program to celebrate authors who have written books that uplift humanity. According to John Pritchard, Founder of the [One Heart - One Spirit Book Awards](#), “Each of these 9 books offers invaluable information for healing the stress created by the global COVID pandemic, while also fostering community, joy, and respect all over the world. The goal is to create

'A Million Drum Circles' over the next 5 years with the help of these 9 books and our new movie: [**WE ALL JUST NEED TO DRUM!**](#)"

The 9 Award-Winning Books (click on links to learn more)

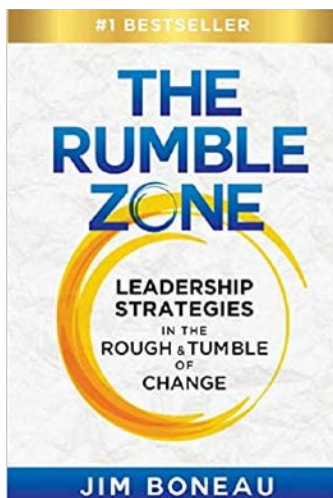
1. [**WHOLE PERSON DRUMMING: Your Journey Into Rhythm**](#), by Zorina Wolf (Publishing Partners)
2. [**THE RUMBLE ZONE: Leadership Strategies in the Rough & Tumble of Change**](#), by Jim Boneau (Ignite Press)
3. [**RHYTHMS OF INFLUENCE: 5 Steps to Activate Presence, Connection, and Influence When Speaking to Groups**](#), by Mary Tolena and Ju Linares (RhythmLift and Ritmo EXPANSÃO)
4. [**DRUM CIRCLE FACILITATION: Building Community Through Rhythm**](#), by Arthur Hull (Village Music Circles)
5. [**DRUM CIRCLE LEADERSHIP: Learn To Create and Lead Your Own Transformational Drum Circles**](#), by Jim Donovan (Jim Donovan Music)
6. [**BEAT THE ODDS®: Social and Emotional Skill Building Delivered in a Framework of Drumming**](#), by Ping Ho, Giselle Friedman, and Mike DeMenno (UCLArts & Healing)
7. [**RHYTHM TO RECOVERY: A Practical Guide to Using Rhythmic Music, Voice and Movement for Social and Emotional Development**](#), by Simon Faulkner (Jessica Kingsley Publishers)
8. [**THE ART AND HEART OF DRUM CIRCLES**](#), by Christine Stevens (Hal Leonard Corporation)
9. [**THE DRUMMER'S PATH: Moving the Spirit with Ritual and Traditional Drumming**](#), by Sùle Greg Wilson (Destiny Books)

About the 9 Books (click on links to visit websites)



1. **[WHOLE PERSON DRUMMING: Your Journey Into Rhythm](#)**, by Zorina Wolf (Publishing Partners) Drumming is about sound. And it is also about silence. In *Whole Person Drumming*, Zorina Wolf shares her passion for drumming and the heartfelt community it can create. With plenty of stories from her own journey as student and teacher, she offers exercises for all learning styles, with accompanying videos.

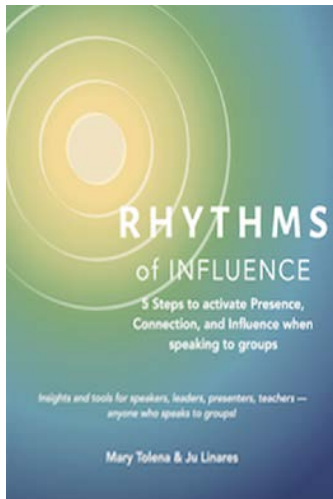
Wolf studied for fourteen years with Babatunde Olatunji, the great Nigerian drummer, and has taught drumming for more than twenty years. In her own accessible, personal style, she teaches basic techniques: the drum's language of bass, tone, and slap; how to build stamina; how to find the rhythm in your body through stepping or speaking rhythm syllables. Here you will learn how to hear the silence between the beats, how to turn rhythm into meditation as you practice samba, conga, kpanlogo, and more. Learn more at villageheartbeat.com/book.



2. **[THE RUMBLE ZONE: Leadership Strategies in the Rough & Tumble of Change](#)**, by Jim Boneau (Ignite Press) *HOW DO YOU NAVIGATE CHANGE AND THRIVE AS A LEADER? There's movement to the word rumble; a feeling of change, something unsettled. It's an apt metaphor for the times in one's professional or personal life when change disrupts so intensely it dominates our thoughts and feelings.*

In *The Rumble Zone*, you'll explore universal strategies that can be applied to any situation or circumstance, whether you're an executive leading an organization through turbulent times or an individual struggling with a personal crisis. You'll gain new perspectives on:

- Finding the courage to move forward no matter the obstacle
- Strengthening relationships through the power of empathy
- Breaking through self-imposed limitations, ideas, and beliefs
- Choosing resilience and authenticity as tools for success



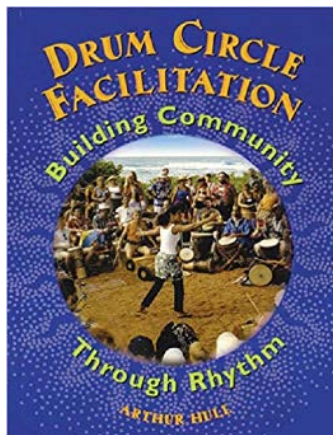
3. **RHYTHMS OF INFLUENCE: 5 Steps to Activate Presence, Connection, and Influence When Speaking to Groups**, by Mary Tolena and Ju Linares (RhythmLift and Ritmo EXPANSÃO) - ***Rhythms of Influence*** offers a **5-step framework** you can use for just about any kind of presentation, class, program, or meeting where you want people to listen, understand, and engage.

You'll learn how to:

- Bring your group “into the moment” with full attention
- Tune them in to your message and each other
- Activate their curiosity to listen and share
- Stretch possibilities with play and exploration
- Transform your message into positive next steps

The 5 phases will help you create that sense of connection and flow, both within yourself and with your audience. Whether you're speaking to your work team or community group, presenting at a training seminar, or occupying center stage at a TED conference, Rhythms of Influence will help you:

- Come across as confident, comfortable, enthusiastic, and genuine
- Feel in the flow, effortlessly knowing what to say and do next
- Take your group beyond expectations

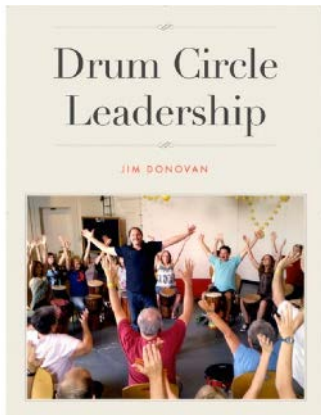


4. **DRUM CIRCLE FACILITATION: Building Community Through Rhythm**, by Arthur Hull (Village Music Circles)

World-renowned “father of the modern drum circle movement,” Arthur Hull, offers tips on how to run a successful drum circle. As the popularity for drum circles continues to grow, the need for facilitators increases as well. Written by the foremost authority in this field, Arthur Hull offers his insights, plans and practical strategies to become a facilitator -

regardless of your musical background or expertise. This can be used by social workers, store owners, human resource managers, church leaders,

camp leaders, nursing home activity coordinators - for anyone who wants to unify a group that will enjoy the benefits of participating in this simple activity. It's about leadership and communication. The book covers dozens of exercises, instrument suggestions, facilitator's shorthand, interviews with successful facilitators, and even marketing tips on how to promote and expand your events. This is the complete rhythm event facilitation handbook from the expert.



5. **[DRUM CIRCLE LEADERSHIP: Learn To Create and Lead Your Own Transformational Drum Circles](#)**, by Jim Donovan (Jim Donovan Music)

Drum Circle Leadership is an accessible, step-by-step system that shows you how to create and lead your own transformational drum circles.

Jim Donovan M.Ed, an award-winning educator, and 3 time-platinum recording artist from the percussion-infused band Rusted Root, guides you through an enjoyable array of tested methods, games and concepts designed to give you the foundation you need to begin leading drum circles right away.

There are no prerequisites to becoming a Drum Circle Leader. Musical training and the ability to read musical notation is not required. If you do have musical training, you will be delighted to learn how to use your existing skills in exciting new ways. Jim shows you how to get your drum circle started and keep it exciting for years to come.



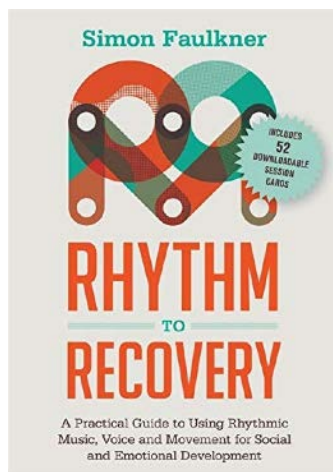
6. **[BEAT THE ODDS®: Social and Emotional Skill Building Delivered in a Framework of Drumming](#)**,

by Ping Ho, Giselle Friedman, and Mike DeMenno (UCLArts & Healing) - Beat the Odds® is an evidence-based and trauma-informed program that integrates activities from group drumming and group counseling to build core strengths such as focusing and listening, team building, leadership, expressing feelings, managing anger/stress, empathy, and gratitude.

UCLA researchers have shown that BTO can significantly reduce a spectrum of behavioral problems in children, such as behaviors related to inattention, withdrawn/depression, post-traumatic stress, anxiety, attention deficit/hyperactivity, oppositional defiance, and sluggish cognitive tempo (Ho, Tsao, Bloch, & Zeltzer, 2011). New findings show that the program is also highly effective for special education classrooms.

Beat the Odds® emphasizes process and not performance. It includes a therapeutic dimension involving such elements as positive affirmations, emotional coping strategies, and guided interaction with rhythmic activities serving as a metaphor for life, followed by reflection and dialogue—without the stigma of therapy.

Beat the Odds® is an eight-session program delivered weekly for 40 – 45 minutes, and the easy-to-follow curriculum is in the form of a scripted manual. The program serves a whole classroom at a time and is sustainably designed for delivery by school personnel or individuals without musical experience. It can easily be adapted for any age group and also serves as an effective tool for community building with staff and families.

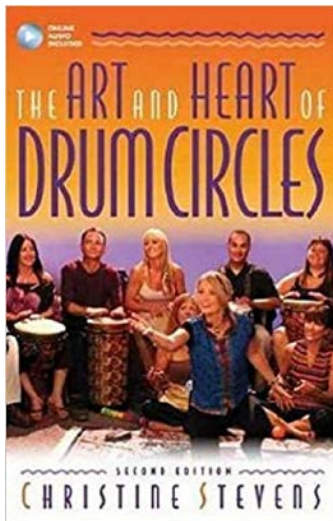


7. **[RHYTHM TO RECOVERY: A Practical Guide to Using Rhythmic Music, Voice and Movement for Social and Emotional Development](#)**, by Simon

Faulkner (Jessica Kingsley Publishers) - Combining rhythmic music and movement with cognitive reflection and mindfulness, this comprehensive handbook shows how drumming and other rhythm-based exercises can have a powerful effect in

individual, group and family settings. Incorporating the latest research on how rhythmic music impacts the

brain, this book features over 100 different exercises spanning five key developmental areas: social and emotional learning; identity and culture; strengths and virtues; health and wellbeing; and families, teams and communities.

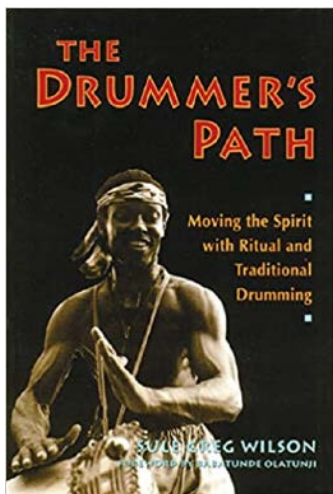


8. **[THE ART AND HEART OF DRUM CIRCLES](#)**, by Christine Stevens (Hal Leonard Corporation)

This book is for you if you want to...

- Start drum circles in your school, corporation, community, music store, band, or even your home!
- Share your musical talent with others in a way that reaches beyond performing.
- Inspire people of all ages, races, and abilities to discover their commonality through musical expression.

The online audio features over 45 minutes of play-along grooves to jump-start your drum circle as well as a practice tool to develop your personal percussion repertoire.



9. **[THE DRUMMER'S PATH: Moving the Spirit with Ritual and Traditional Drumming](#)**, by Sule Greg Wilson (Destiny Books)

Drummer, dancer, and folklorist Sule Greg Wilson introduces the principles behind African and Diaspora music, including breath, posture, and orchestration. Sule studied drumming under Baba Ngoma as well as the premier students of Baba Ishangi, Ladi Camara, and Chief Bey and performed with many of the finest artists and groups in the field, including Babatunde

Olatunji, the International Afrikan-American Ballet, Africa in Motion Dance Theater, and the Benu Ausar Aurkestra. He also produced the CD and audiocassette, "The Drummer's Path."

[ABOUT THE BOOK AWARDS PROGRAM](#)

One Heart - One Spirit Book Awards is a new program created by **[ONE HEART MOVIES](#)** – a non-profit educational film company. The Book Awards program recognizes excellence in books that uplift humanity.

For more info, please visit **oneheartmovies.org/awards**.