

Download Performance Anxiety Strategies Musicians Managing

"The book will have wide interdisciplinary appeal to performing musicians, educators, psychologists, and psychiatrists; the author who is Professor Psychology and Professor of Music at the University of Sydney, has distinguished herself with a career's worth of prolific research, including over 200 publications. Commonly called "stage fright," performance anxiety is the fear of doing something in front of a group of people. The experts at WebMD offer strategies for feeling comfortable "on stage." Musical Excellence: Strategies and Techniques to Enhance Performance [Aaron Williamon] on Amazon.com. *FREE* shipping on qualifying offers. Musical Excellence offers performers, teachers, and researchers, new perspectives and practical guidance for enhancing performance and managing the stress that typically accompanies performance ...About Noa Kageyama, Ph.D. Performance psychologist and Juilliard alumnus & faculty member Noa Kageyama teaches musicians how to beat performance anxiety and play their best under pressure through live classes, coachings, and an online home-study course.