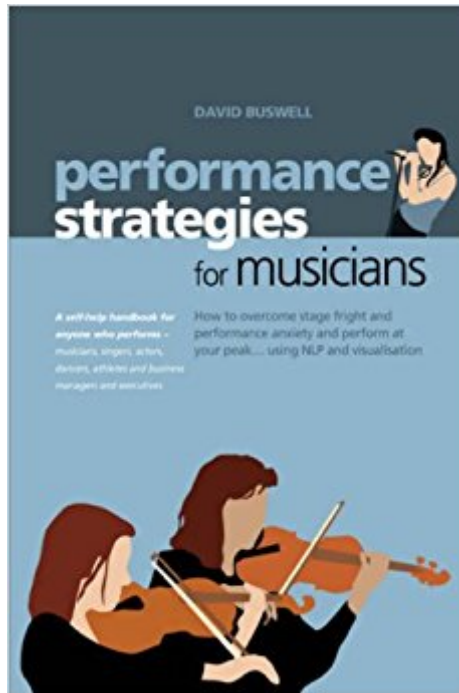




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# Performance Strategies For Musicians



## Synopsis

How to overcome stage fright and performance anxiety and perform at your peak -using NLP and visualisation.

## Book Information

Paperback: 252 pages

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Average Customer Review: 5.0 out of 5 stars 5 customer reviews

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## Customer Reviews

This book has good material to overcome anxiety in performers. I found it very useful to relax and trust your work, and to let go negative thoughts that diminish our performing quality

Loved it! It helped with a performance.

Has a LOT of good practical steps to follow to improve performance. Especially like the parts about Stage Fright coping strategies and NLP. Good Value!

All is good this is working Good bargain to i will be buying a few more sets. These are fantastic that is what you have been looking for A perfect item I ever bought.

"If you suffer from stage fright and performance anxiety then help is at hand. One of the top psychologists in the performing arts, David Buswell, who has been working with leading musicians one-to-one for many years to help them perform at their best, has written a book to help.

Performance strategies for Musicians has applications for anyone who has to perform in public. The

book aims to help performers develop mental resilience, gain the most from practice time, prepare for performance (by using mental preparation techniques and creating pre-performance routines) and manage emotional and physical states during performance".

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Performance Strategies for Musicians Harmony and Theory: A Comprehensive Source for All Musicians (Essential Concepts (Musicians Institute).) David Vizard's How to Build Max Performance Chevy Small Blocks on a Budget (Performance How-To) Jeep Cherokee Performance Upgrades: 1984-2001 - Revised Edition (Performance How-to) Queering Mestizaje: Transculturation and Performance (Triangulations: Lesbian/Gay/Queer Theater/Drama/Performance) Performance-Based Medicine: Creating the High Performance Network to Optimize Managed Care Relationships Assessing Performance: Designing, Scoring, and Validating Performance Tasks Mandiani Drum and Dance: Djimbe Performance and Black Aesthetics from Africa to the New World (Performance in World Music Series No 9) The Biology of Musical Performance and Performance-Related Injury The Performance of Jewish and Arab Music in Israel Today: A special issue of the journal Musical Performance Digital Performance: A History of New Media in Theater, Dance, Performance Art, and Installation (Leonardo Book Series) Choreographing Problems: Expressive Concepts in Contemporary Dance and Performance (Performance Philosophy) Theatre, Performance and the Historical Avant-Garde (Palgrave Studies in Theatre and Performance History) Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) American Puppet Modernism: Essays on the Material World in Performance (Palgrave Studies in Theatre and Performance History) The Lost Art of High Performance Driving: How to Get the Most Out of Your Modern Performance Car (Speed Secrets) Performance Dog Nutrition: Optimize Performance with Nutrition Debussy - Suite bergamasque: Prelude, Menuet, Clair de lune, Passepied (Schirmer Performance Editions) (Schirmer Performance Editions: Hal Leonard Piano Library) Clarinet Secrets: 100 Performance Strategies for the Advanced Clarinetist (Music Secrets for the Advanced Musician) A Symposium for Pianists and Teachers: Strategies to Develop the Mind and Body for Optimal Performance

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