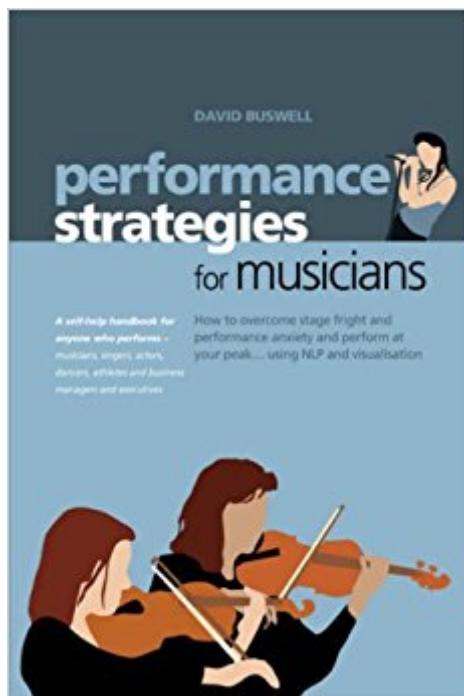


The book was found

# 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

Publisher: MX Publishing; 1St Edition edition (January 12, 2006)

Language: English

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

Best Sellers Rank: #400,776 in Books (See Top 100 in Books) #174 in Books > Arts & Photography > Performing Arts > Theater > Broadway & Musicals #429 in Books > Business & Money > Skills > Running Meetings & Presentations #668 in Books > Arts & Photography > Music > Theory, Composition & Performance > Techniques

## **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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