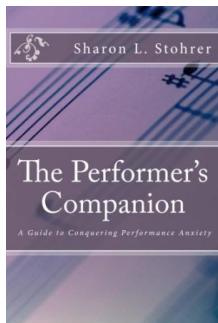


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# THE PERFORMER'S COMPANION: CONQUERING PERFORMANCE ANXIETY (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Performer's Companion provides musicians with tools and strategies for conquering performance anxiety. Bringing a wealth of experience in performance anxiety coaching to bear on the subject, Stohrer has written an essential text for both instrumentalists and singers, giving up-to-date information. The book approaches building performance confidence and overcoming stage fright from many angles: physical preparation, mental strategies, nurturing the artist within,...

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- Authored by Sharon L Stohrer
- Released at 2014



Filesize: 3.66 MB

## Reviews

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*Certainly, this is actually the greatest job by any author. It is definitely simplified but excitement inside the 50 percent of the book. I am just easily will get a delight of studying a composed pdf.*

-- **Lelia Heidenreich**

*It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.*

-- **Ms. Christy Ondricka DDS**

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