



## Performance Anxiety Strategies: A Musicians Guide to Managing Stage Fright

By Casey McGrath

Rowman & Littlefield Publishers. Paperback. Condition: New. 240 pages. Performance Anxiety Strategies: A Musicians Guide to Managing Stage Fright offers readers an approachable, comprehensive reference guide to the current research on music performance anxiety and stage fright therapies. Divided by area of therapeutic interest, the authors present relevant and noteworthy research and insight into some of the most popular and many lesser known therapies, including holistic, exposure, cognitive and behavioral therapies, and medicinal treatments. Each chapter also features self-guided activities and journaling exercises, words of wisdom from established performing artists and athletes, and suggestions for music teachers, as well as first-person narratives by the authors in which they share their personal journeys with music performance anxiety both onstage and in the classroom. With a diverse wealth of offerings and approaches, this book is meant to be a resource for anyone who has ever experienced anxiety about musical performing, from the aspiring classical musician to the garage band guitarist. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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