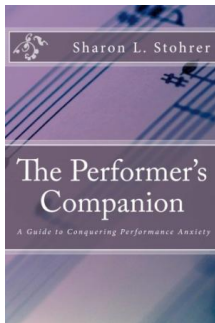


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## THE PERFORMER S COMPANION: CONQUERING PERFORMANCE ANXIETY (PAPERBACK)



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,...

**Read PDF The Performer s Companion: Conquering Performance Anxiety (Paperback)**

- Authored by Sharon L Stohrer
- Released at 2014



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