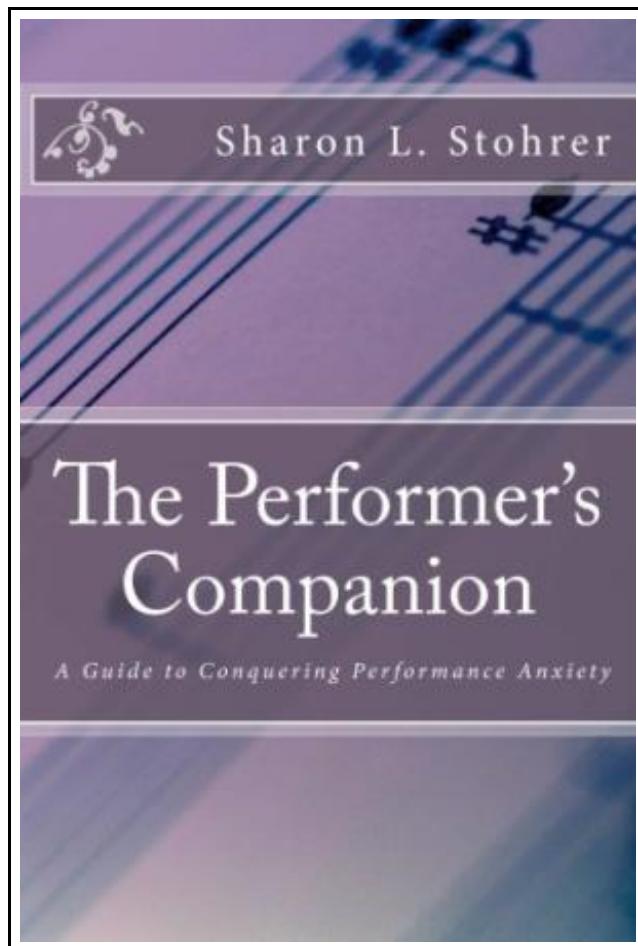


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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Performer s Companion provides musicians with tools and strategies for conquering performance anxiety. Bringing a wealth 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, optimum practicing, backstage tips and the benefit of body work, especially the Alexander Technique. Written in an intimate, conversational style, the book combines information and recommendations with gentle humor and encouragement. As a singer who has gone from paralyzing stage fright to helping others break free, Stohrer has unique insights into the process and plenty of practical solutions to offer.

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