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Performance Success: Performing Your Best Under Pressure (Theatre Arts)



Synopsis

Performance Success teaches a set of skills so that a musician can be ready to go out and sing or play at his or her highest level, working with energies that might otherwise be wasted in unproductive ways. This is a book of skills and exercises, prepared by a master teacher.

Book Information

Series: Theatre Arts

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Customer Reviews

Don Greene, Ph.D. is a sports psychologist who has worked with groups as diverse as the US Olympic Diving Team, police departments, and opera companies. He is the author of *Audition Success*, also published by Routledge, and *Fight Your Fear and Win* (Broadway Books). He teaches at the Juilliard School of Music in New York.

If you are a musician, or any other performing artist, this is a must read - extremely helpful. Greene gives step-by-step instructions on how to identify and support the exact skills YOU need in order to perform at your best. You can use his website to take the performance inventory, which is even more helpful. Highly recommended! I am a professional musician and college-level music teacher. I use these techniques both in my own performance and with my students. Positive results that you can count on. Don't waste any more time feeling helpless about performance anxiety - get this book!

Everybody who does any type of performing should read this book. It will open your eyes so you

can understand and control your emotions. To many time we subconsciously allow others or emotional situations two control us. This book will open you eyes to be able to control and enjoy your performances .

great book by the famous Don Greene. Teaches you how to avoid stage fright, to accept it and embrace it. Teaches techniques to get over fears and the pressures of auditions. Great book.

There are really good exercises in here, but they're hidden within infinite chains of titles and subtitles and sub-sub-subtitles... On the positive side, this book is very well organized. The day-to-day training program at the end, complete with contracts to sign, was too micromanaging for my taste, but others might find it motivating.

Great book for the aspiring musician! I use this when teaching my college classes in performance pedagogy. My students find it useful in analyzing where they need mental work on their performing approaches. The supplemental resources on the accompanying website are also helpful.

Fantastic book, will recommend to all my students and colleagues!

This book empnasizes on how to manage your fear, stress, emotion and all situations that will not let you perform adequately. Mr.Greene gives some good examples on how to use your right side of the brain, the place where everybody would love to be. Also there is a series of questions that will let you know at what level of performace you are at that moment, and according to the score, he tells you how to improve on it. So all you people out there looking for a book on self control in front of an audience, this is it!

I bought this for a music class and was inspired by the personal stories found in this book. The dialogue style made it easy to read and easy to explore my own performance questions. Definitely worth reading for any performer, or even for the average person who has to do speeches or presentations at work.

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