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Autore	Soto-Morettini Donna
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Nota di contenuto	Cover; Contents; Acknowledgements; Part 1: The Auditioning Mind; 1 Introduction; 2 What Can We Know?; 3 Metaphorical Weight Gain and Other Side-effects of Auditioning; 4 Risky Business; 5 The Hard Work of Genius; 6 What's My Motivation?; Part 2: The Toolkit; 7 Knowing Where You're Going; 8 Developing Your Skill Set; 9 Developing Your Mental Game; 10 Just Do It; Resources; Notes; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; R; S; T; U; V; W; Y; Z
Sommario/riassunto	Frustrating, nerve-wracking, job-winning or job-losing, flawed yet necessary - auditioning is a maddening business for everyone involved. The people behind the audition desk are looking for a killer audition (often under tremendous pressure), but most of the auditionees walk into the room feeling nervous, unprepared, and unable to control their own performance. Although the idea of creating 'winning performance strategies' is common in business and sports studies, no one has ever really attempted to bring the psychology of creating a winning performance to a book on auditioning. Drawing on som