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Titolo	Performance anxiety strategies : a musician's guide to managing stage fright / / Casey McGrath, Karin S. Hendricks, Tawnya D. Smith
Pubbl/distr/stampa	Lanham, Maryland : , : Rowman & Littlefield, , 2017 ©2017
ISBN	1-4422-7153-1
Descrizione fisica	1 online resource (185 pages) : illustrations (some color), photographs
Disciplina	781.4/3111
Soggetti	Music - Performance - Psychological aspects Performance anxiety
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- Why do we experience MPA? -- Cognitive behavioral therapies -- Exposure therapy -- Beta-blockers and anti-anxiety medications -- Natural and holistic approaches -- Expressive arts therapies -- Especially for teachers: preventing music performance anxiety -- Self-help books and other resources.
Sommario/riassunto	"Presents relevant and noteworthy research and insight into some of the most popular and many lesser-known holistic, exposure, cognitive, and behavioral therapies and medical treatments [for music performance anxiety]--"Back cover.