

1. Record Nr.	UNINA9910819073303321
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Titolo	The performing life : a singer's guide to survival // Sharon Mabry
Pubbl/distr/stampa	Lanham, Md., : Scarecrow Press, 2012
ISBN	1-283-54807-0 9786613860521 0-8108-8409-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (181 p.)
Disciplina	782.0023
Soggetti	Singing - Vocational guidance
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Preface; Acknowledgments; I: Preparing for Success; Chapter One: Get a Good Start!; Learn Early to Persevere; Collect Mentors; Expand Your Horizons; Reminders!; Chapter Two: Who Are You?; Find Your Niche; Declutter and Move On; Know Your Maintenance Level; Reminders!; Chapter Three: Tap into a Rhythm; Eliminate the Negative; Develop a Routine; Don't Spill the Beans; Reminders!; Chapter Four: It's a Small World; What Not to Perform; What Not to Wear; What Not to Say; Reminders!; Chapter Five: Project Your Best Self; Know Your Stuff; Get Organized; Speak Up; Reminders! Chapter Six: It Takes a VillageBe Collaborative; Develop a Support System; Toast Your Hosts; Reminders!; Chapter Seven: Create the Life You Imagine; Plan for Success; Develop a Workable Lifestyle; Design a Balanced Life; Reminders!; II: Coping with Success; Chapter Eight: Malfunction Junction; Learn to Read Maps; Beware of Alleys; Check Equipment Twice; Ignore the Dissonance; Chapter Nine: I Can't Eat That!; Ask the Waiter Twice; Have a Progressive Dinner; Where's the Beef?; Chapter Ten: Sleep Is Not a Perk; What Time Is It?; Call for Help; Chapter Eleven: In Sickness or in Health Choose Pets CarefullyKnow Your Blood Type; Don't Panic; Chapter Twelve: Surprise!; Friend a Piano Technician; Record at Your Own Risk; Appendix: Fifty Practical Pointers for Performers; Suggested Reading; About the Author

Sommario/riassunto

The Performing Life: A Singer's Guide to Survival is the first-hand account of the 35-year career of singer, music professor, and recording artist Sharon Mabry, who draws on personal experience to explore how professional singers survive in the face of personal and professional pressures, exorbitant expectations, illness, and the demands of their public. She details for readers those factors that can change the course of a particular performance or an entire career.
