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| 1. Record Nr. | UNIORUON00277463 |
| Autore | CVETKOVI, Duhomir |
| Titolo | Kostur : u ast 550-te godišnjice od zvaninog pomena sela u popisu Timara nahije "Visola i Znepol" : (1447-1997) / Duhomir Cvetkovi |
| Pubbl/distr/stampa | Beograd, : Kulturno-prosvetna zajednica Srbije, : Odbor za prouavanje sela SANU, : Istorijski institut SANU, 2001 |
| ISBN | 86-902427-3-2 |
| Descrizione fisica | 350 p. : ill. ; 24 cm. |
| Disciplina | 949.71 |
| Soggetti | KOSTUR |
| Lingua di pubblicazione | Serbian |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
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- | | |
|-------------------------|---|
| 2. Record Nr. | UNINA9910825739303321 |
| Autore | McGrath Casey <1983-> |
| 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.
