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Nota di contenuto	Part 1: The auditioning mind. Introduction ; What can we know? ; Metaphorical weight gain and other side-effects of auditioning ; Risky business ; The hard work of genius ; What's my motivation? -- Part 2: The toolkit. Knowing where you're going ; Developing your skill set ; Developing your mental game ; Just do it.
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, but most of the auditioneers walk into the room feeling nervous, unprepared, and unable to control their own performance. Drawing on some fascinating, cutting-edge research into how the brain copes and responds in high-stress situaiton, 'Mastering the Audition' looks closely at the effects of fear, at our flawed ability to assess or 'really' know ourselves, at what drives us, and at what it takes to master the audition experience"--Publisher's description on back cover.