

# Keeping Your Nerve!: Confidence Boosting Strategies for the Performer

By Kate Jones

Faber Music Ltd. Paperback. Book Condition: new. BRAND NEW, Keeping Your Nerve!: Confidence Boosting Strategies for the Performer, Kate Jones, "Keeping Your Nerve!" is the perfect pocketsized prop for any performer hampered by stage fright, whether a keen amateur or student preparing for an exam. Full of comforting advise and entertaining anecdotes, this book will go a long way to helping conquer the fear of performing in public and will be of equal interest to teachers, parents and friends of performers. It will help the reader to prepare for performances, understand why musicians perform and why audiences turn up, offer support to friends or pupils who are about to perform, learn how to unwind after a performance, and finally, ultimately enjoy performing.



#### Reviews

Definitely among the best book I have got possibly study. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Olga Ledner MD

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