



# Performance Anxiety Strategies: A Musician's Guide to Managing Stage Fright

*Casey McGrath, Karin S. Hendricks, Tawnya D. Smith*

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Performance Anxiety Strategies: A Musician's Guide to Managing Stage Fright offers readers an approachable, comprehensive reference guide to the current research on music performance anxiety and stage fright therapies. The authors present relevant and noteworthy research and insight into many kinds of therapies, including holistic, exposure, cognitive and behavioral therapies, and medicinal treatments. Each chapter also features self-guided activities and journaling exercises, words of wisdom from established performing artists and athletes, and suggestions for music teachers.

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