



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

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

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Music performance anxiety has long frustrated the artistic community and, while tricks and folk remedies abound, a comprehensive plan to solve this problem has remained elusive. Accomplished violinist Casey McGrath combines her experiences with the research of Karin S. Hendricks and Tawnya D. Smith to provide a resource guide to the most current solutions and therapies, as well as educational applications, for both individual and classroom use.

Divided by area of therapeutic interest, *Performance Anxiety Strategies* presents relevant and noteworthy research and insight into some of the most popular and many lesser-known therapies—including holistic, exposure, cognitive, behavioral, and medicinal treatments. Each chapter also features self-guided activities and exercises, words of wisdom from established performing artists and athletes, and suggestions for music teachers, as well as first-person narratives about the authors' personal journeys with music performance anxiety both onstage and in the classroom.

Including a wealth of offerings and approaches, this book is an invaluable resource for anyone who has ever experienced performance anxiety, from the aspiring classical musician to the garage band guitarist.



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