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## Performance Success: Performing Your Best Under Pressure (Theatre Arts)

*Don Greene*

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**Don Greene : Performance Success: Performing Your Best Under Pressure (Theatre Arts)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Performance Success: Performing Your Best Under Pressure (Theatre Arts):

1 of 1 people found the following review helpful. Excellent!By KMIf you are a musician, or any other performing artist, this is a must read - extremely helpful. Greene gives step-by-step instructions on how to identify and support the

exact skills YOU need in order to perform at your best. You can use his website to take the performance inventory, which is even more helpful. Highly recommended! I am a professional musician and college-level music teacher. I use these techniques both in my own performance and with my students. Positive results that you can count on. Don't waste any more time feeling helpless about performance anxiety - get this book! 10 of 10 people found the following review helpful. Make sure the lions are facing out and not at you. By Kindle Customer Everybody who does any type of performing should read this book. It will open your eyes so you can understand and control your emotions. To many times we subconsciously allow others or emotional situations to control us. This book will open your eyes to be able to control and enjoy your performances. 2 of 2 people found the following review helpful. great material By Tibbie great book by the famous Don Greene. Teaches you how to avoid stage fright, to accept it and embrace it. Teaches techniques to get over fears and the pressures of auditions. Great book.

Performance Success teaches a set of skills so that a musician can be ready to go out and sing or play at his or her highest level, working with energies that might otherwise be wasted in unproductive ways. This is a book of skills and exercises, prepared by a master teacher.

About the Author Don Greene, Ph.D. is a sports psychologist who has worked with groups as diverse as the US Olympic Diving Team, police departments, and opera companies. He is the author of Audition Success, also published by Routledge, and Fight Your Fear and Win (Broadway Books). He teaches at the Juilliard School of Music in New York.