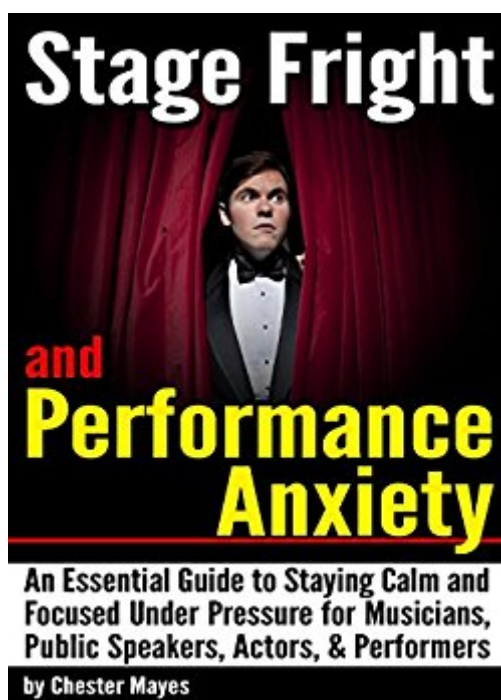


The book was found

# Stage Fright And Performance Anxiety: An Essential Guide To Staying Calm And Focused Under Pressure - ( How To Overcome Stage Fright And Performance Anxiety )



## Synopsis

If you want to conquer stage fright and performance anxiety once and for all, then this book is for you! Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. So, you have a performance coming up. It could be anything from a dance recital, a musical concert, or a public-speaking event. And you're quaking in your boots just thinking about it. Of course you've heard the same old cliché advice: "Just visualize the audience in their underwear." But that really just raises more questions than answers, doesn't it? "Which underwear?" "Are we talking lingerie? Or laundry day Granny Panties?" and "Should I be distracting my brain with this matter when I really need to focus on remembering my steps or speech?" I developed this ebook specifically to present to you, my frightened and nervous peers, something different, and far more specific: a guide to forever vanquishing the twin dragons of stage fright and performance anxiety. Let's get started! Here is a Preview Of What You'll Learn... Understanding Your Frenemy Seven Tips and Exercises For the Long Term The Difference Between a Mediocre Performer and a Great Performer The Story of My Superman Undies Developing a Performance Day Ritual Eight Tips and Tricks for the Short Term Line of Sight Tricks to Appear more Confident Much, much more! Download your copy today! Tags: how to overcome stage fright, performance anxiety, stage fright, stagefright, staying calm, under pressure, staying focused

## Book Information

File Size: 785 KB

Print Length: 27 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 31, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00P3EMGO6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #927,721 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Arts & Photography > Theater > Miming #18 in Books > Arts & Photography > Performing Arts > Theater > Miming #450 in Kindle Store > Kindle eBooks > Arts & Photography > Theater > Acting & Auditioning

## Customer Reviews

Part of my job is to give presentations in front of a room full of people. I've tried every trick in the book to get rid of my performance anxiety; imagining them in their underwear (which only served to make me more uncomfortable), imagining that they aren't there, to pretending it's as bad dream. None of these tips worked for me. However, the tips in "Stage Fright and Performance Anxiety" gave me the mindset I need to be successful.

I've been suffering from stage fright since I was a teenager. I always felt frustrated after performances because I knew that I could do better. This book was like a life savior for me, because it showed me how I can overcome stage fright and perform at my best. It gives you very good exercises that'll help you to become more relaxed and overall improve your performance. I already implemented the tips from this book and I don't feel stage fright anymore, thanks to this book!

I found this ebook very helpful, I can't wait to try out some of these tips to see if I can conquer my stage fright and performance anxiety. Just a run through from reading the book made me feel calmer but being calm under the extreme pressure of being "on stage" presenting a speech will probably prove to be a daunting challenge for a bit longer. Armed with this knowledge though will help, I know it. Thank you Chester Mayes.

I've never been able to go out on stage without being at my best, until now. This book was so informative and helpful, it was unbelievable how much it helped! This book gave me techniques on what I can do to improve my confidence during a performance. I also found this book to be very humorous and couldn't put it down. Overall, just so helpful. I'm glad I found it.

great

Great tips, however it was extremely short book. I read it using Kindle Unlimited, so it was free. I would not pay for this book. The information within could probably be found online after a search

using Google.

What a great book! Not only does the author cover just about every known technique for combating nerves and ensuring good performance, but he does it with humour and (in line with one of his key recommendations) with a smile on his face. I work with a lot of professional speakers and I also train and coach people learning to present, and I will be recommending this book for sure. Nicely written, very well organised, and full of really useful information and advice. Five stars for sure.

Great book on overcoming stage fright and performance anxiety. This book is well-written and offers helpful information on how you can overcome your fear of stage performance. Be it performing in a business meeting or performing an oral presentation in a community gathering, this book serves as a helpful guide to overcome your fear.

[Download to continue reading...](#)

Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) The 15 Minute Meditation Guide for Tennis Parents: Teaching Your Kids Meditation to Enhance Their Performance by Controlling Their Emotions and Staying Calm under Pressure The Fundamental 15 Minute Meditation Guide for Gymnastics Parents: Teaching Your Kids Meditation to Enhance Their Performance by Controlling Their Emotions and Staying Calm under Pressure Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook â “ Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook â “ Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) (Volume 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Blood Pressure Solution: 30 Proven Natural

Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Staying Focused In A Hyper World: Book 1; Natural Solutions For ADHD, Memory And Brain Performance Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Brain Training for Riders: Unlock Your Riding Potential with StressLess Techniques for Conquering Fear, Improving Performance, and Finding Focused Calm Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety Transforming Stress for Teens: The HeartMath Solution for Staying Cool Under Pressure (The Instant Help Solutions Series) Diary of a Minecraft Zombie Villager Book 2: Stage Fright (An Unofficial Minecraft Diary Book) (Volume 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)