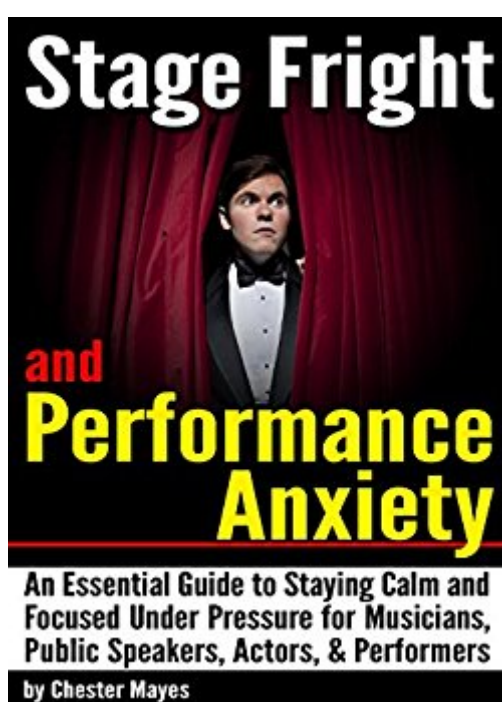


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# Stage Fright And Performance Anxiety: An Essential Guide To Staying Calm And Focused Under Pressure - ( How To Overcome Stage Fright And Performance Anxiety )



## 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

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## Customer Reviews

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.

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'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.

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.

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