

This book offers an up-to-date summary of what psychology has to contribute to the understanding of theatrical experience and the optimization of performance for actors, musicians, singers and dancers. Although drawing on scientific research and clinical reports, the book is written for both psychologists and performers (professional and amateur). This book differs from other manuals for actors and instruction books for singers, dancers and musicians in the way in which it brings the findings of psychology to bear upon the problems of performers, dealing with such issues as learning lines, dealing with stage fright or hyping themselves up in a practical and sound manner.

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