



Performance Strategies for Musicians

By David Buswell

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How to overcome stage fright and performance anxiety and perform at your peak -using NLP and visualisation.

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Performance Strategies for Musicians By David Buswell Bibliography

- Sales Rank: #1453951 in Books
- Brand: Brand:
- Published on: 2006-01-12
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .57" w x 5.98" l, .82 pounds
- Binding: Paperback
- 252 pages

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