



## Coping with the Limelight: A Manual on Stage Fright (Paperback)

By Marianne Bahmann

Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Maria Callas, one of the great sopranos of all time, suffered such stage fright that she had to be shoved onto the stage for a performance. Laurence Olivier, unparalleled among 20th Century actors, was dropped from the cast after he dissolved into nervous giggles on the stage! Whether you suffer intense fear or mild nervousness when standing before an audience-or sitting across from your boss or interviewer-seasoned voice coach and performer Marianne Bahmann will guide you toward feeling at ease and without fear in her well-rsearched Coping with the Limelight: A Manual on Stage Fright. In this reader-friendly and comprehensive book, the concept, causes, and solutions around fear of appearing before an audience of one or hundreds is addressed. Whether you fear the glare of the spotlight or the attention turned to you when engaged in a sport, Bahmann addresses cause, effect, and solution. Using this book as a trusted friend, a wide range of performance fears will be quelled.



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