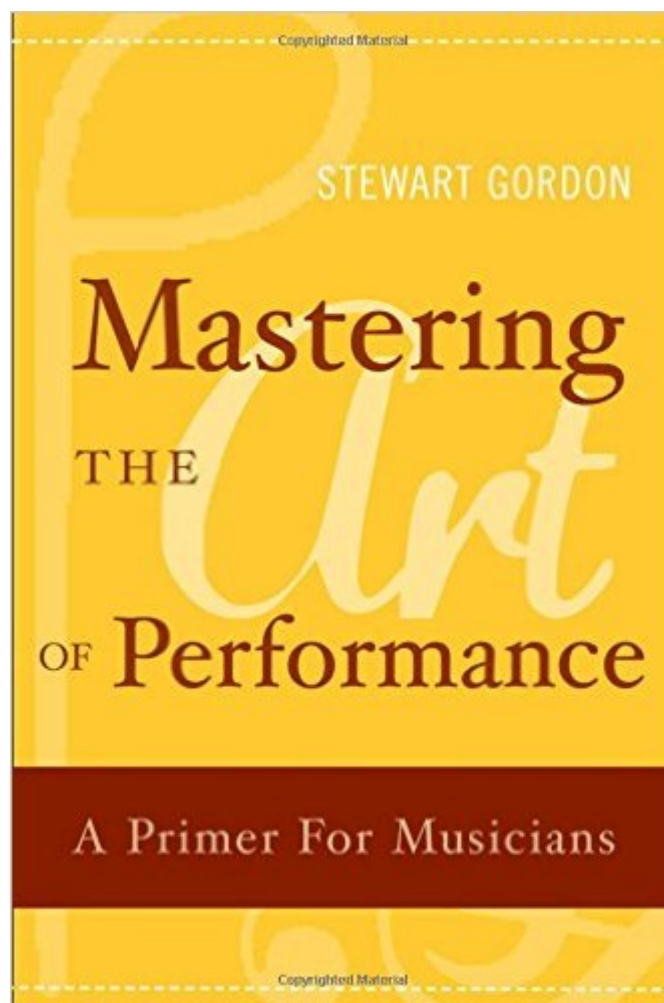


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# Mastering The Art Of Performance: A Primer For Musicians



## Synopsis

In *Mastering the Art of Performance: A Primer for Musicians*, Stewart Gordon offers seasoned advice to musicians intent on meeting the challenges of performance. Through real-life examples and pre-performance exercises, this accessible manual gives musicians and other performers practical insights into every aspect of performance. While other books merely identify and describe the problems associated with performance, this book offers detailed suggestions for solving them. First, Gordon tackles the critical planning and preparatory stages, helping performers to evaluate their strengths and weaknesses. The book's easy-to-follow exercises address the self-doubt and anxiety many musicians contend with, helping them to analyze why they perform, set goals and assess the level of energy needed to achieve them, and develop a performance philosophy. The book also offers techniques that will help musicians deal with some of the classic pitfalls of performance preparation, including repetition and drill, changing bad habits, and developing memory. For the performance itself, Gordon's insights help musicians with pacing and managing stage fright. For the aftermath, Gordon arms performers with strategies for dealing with criticism and conducting a constructive self-evaluation, equipping them to face the challenges of a lifetime of performances, including career plateaus and burnout. Gordon draws from more than forty years of experience in front of audiences to offer readers invaluable tips and personal reflections. While aimed primarily at musicians, the book will be useful to anyone facing the pressures of performance, such as actors, dancers, and even public speakers.

## Book Information

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## Customer Reviews

Master music teacher Stewart Gordon presents *Mastering The Art Of Performance: A Primer For Musicians*, an in-depth guide for musicians to striving for unparalleled excellence in their performances. *Mastering The Art Of Performance* does far more than simply identify and describe problems associated with performance; it offers a wealth of practical solutions. From easy-to-follow self-test and warmup exercises, to how to accurately conceptualize and schedule reasonable goals, to tips for managing stage fright, dealing with repetition and drill, and much more, *Mastering The Art Of Performance* is a personable problem-solving guide drawn directly from the author's years of experience. Enthusiastically recommended for amateur and professional musical performers from all walks of life.

Music is a performance art and what a better way to perfect your performances than by following the advice of a master performer who is ready, able, and intelligent enough to teach you how to operate under most performance conditions. Much of the advice is common sense, some of it is trivial, most of it is profound, and all is accompanied by considerable wit and insight and good humor. Use this book to help yourself organize your time, your practice, your sang-froid. Use it to learn how to identify and repair the fracture sites in your performances. Use it to gain psychological support for a truly musical recital as opposed to a mechanical rendition. Gordon is particularly good at overcoming the mind's limiting factors in any performance challenge: risks, memory breaks, lack of technical skill for a passage, fear, avoidance of the reality that you just can't do a certain piece, and so forth. And I know why he knows all this. He has been through the mill himself. He has been there multiple times. He has done that. He has conquered his demons. If he can do it, so can you.

*Mastering the Art of Performance* breaks down the aspects of performance in a way that gives you confidence that you'll cover all your bases as you prepare for a show. A well organized exploration of performance.

If you are a professional musician or are in the process of becoming one, this book may be for you. In my case, music and performing is more of a hobby, while some of the information was useful, it was not enough to justify my buying the book.

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