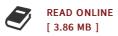




Physical and Mental Issues in Piano Performance

By Wan, Agnes H. Y.

Condition: New. Publisher/Verlag: VDM Verlag Dr. Müller | The Interrelationships between Physical Tension, Performance Anxiety, and Memorization Strategies | In preparing for a concert performance, musicians arefaced with tremendous challenges. Besides adequatemusical preparation, performers need to be prepared to tackle the physical and mental stresses associated with the performance situations. Knowledge of injury prevention and the nature of performance anxiety, therefore, is essential. For pianists, there is oftenan additional challenge of playing from memory. Anunderstanding of memory processes would be beneficialto the development of effective memorizationtechniques necessary for successful piano performance. In this book, the author discusses the issues of physical tension and injuries, overwhelmingperformance anxiety, and memorization in pianoperformance. The book demonstrates how theseseemingly separate issues are interrelated to oneanother, and how problems in one area may exacerbateproblems in another. It explains that just astensions and memory difficulties may affect musicaldeliverance, effective musical communication may helpalleviate tensions and memory problems. The authoralso offers practical solutions in dealing withphysical and mental tensions, and suggests techniquesfor music memorization. | Format: Paperback | Language/Sprache: english | 152 gr | 100 pp.



Reviews

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