

Stage Fright Reading List (with notes)

By Phoebe Gildea: Soprano, Actress, Educator ★ www.phoebegildea.com
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Notes from Phoebe are in purple.

Books about mindset and performance anxiety

- *Symptoms, Causes, and Coping Strategies for Performance Anxiety in Singers: A Synthesis of Research* by Kristina Driskill (free online)
<https://pqdtopen.proquest.com/doc/1097967288.html?FMT=ABS>

(This one is by the teacher who first taught me about performance anxiety, and it puts everything in one place. It is focused on singers, but the information is good for anyone. I think it is written accessibly, but it is a doctoral dissertation, so if it's too dense or technical, it's okay to move on to the rest.)

- *Performance Success: Performing Your Best Under Pressure* by Don Greene
- *Psycho-Cybernetics* by Maxwell Maltz

(This book uses old-fashioned language, but the principles are still good.)

Books about art, music, and/or voice technique that also deal with mindset and anxiety

- *The Artist's Way* by Julia Cameron

(This one comes with activities that can be practiced as a family to nurture creativity in any kind of art.)

- *The Naked Voice: A Wholistic Approach to Singing* by W. Stephen Smith

(This book is specific to singers.)

- *The Perfect Wrong Note: Learning to Trust Your Musical Self* by William Westney

(This book is specific to musicians.)

Books about other topics that will help

- *How To Learn The Alexander Technique: A Guide for Students* by Barbara Conoble

(There is a chapter devoted to performance anxiety.)

- *The Talent Code* by Daniel Coyle

- *SuperBetter* by Jane McGonigal

(This one is great for everything in life! It explains the science in understandable ways, and also makes conquering your fears into a fun game. The idea is to make life into a game, and I've used it for everything from preparing for scary auditions to eating a healthy diet.)

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Online Resources

- *Gilded Within*: Mindset and empowerment coaching with Kristina Driskill, www.gildedwithin.com

(This is the person who first taught me about performance anxiety. I highly recommend signing up for a class or an individual coaching. It is worth your time and money.)

- *Winning On Stage*: Sports psychology applied to performing arts with Don Greene, www.winningonstage.com

(I haven't tried the online program, but I have worked with Don Greene in person, and his techniques really work!)

- *The Liberated Voice*: Vocal technique, mindset, and physical health for singing with Claudia Friedlander, www.claudiafriedlander.com/the-liberated-voice

This reading list is meant to empower you, wherever you are in your journey. When you are ready to dive deeper, or if you need more support, I offer private coaching and lessons. I wish you courage and joy going forward.

Best,

Phoebe