



Playing Scared: A History and Memoir of Stage Fright

By Sara Solovitch

Download now

Read Online →

Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch

Stage fright is one of the human psyche's deepest fears. Laurence Olivier learned to adapt to it, as have actors Salma Hayek and Hugh Grant. Musicians such as George Harrison and Adele have battled it and learned to cope. Others never do: In 1973, Pittsburgh Pirates All-Star pitcher Steve Blass suddenly could no longer find the strike zone; his career ended soon after. Surveys in the United States repeatedly rank public speaking as one of the top fears, affecting up to 74 percent of people.

Sara Solovitch studied piano as a young child and fell in love with music. At ten, she played Bach and Mozart in her hometown's annual music festival, but was overwhelmed by fear. As a teen, she attended Eastman School of Music, where stage fright led her to give up aspirations of becoming a professional pianist. In her late fifties, Sara gave herself a one-year deadline to tame performance anxiety and play before an audience. She resumed music lessons, while exploring meditation, exposure therapy, cognitive therapy, biofeedback, beta blockers, and other remedies. She performed in airports, hospitals, and retirement homes before renting a public hall and performing for fifty guests on her sixtieth birthday.

Using her own journey as inspiration, Solovitch has written a thoughtful and insightful examination of the myriad causes of stage fright and the equally diverse ways to overcome it, and a tribute to pursuing personal growth at any age.

↓ [Download Playing Scared: A History and Memoir of Stage Frig ...pdf](#)

📖 [Read Online Playing Scared: A History and Memoir of Stage Fr ...pdf](#)

Playing Scared: A History and Memoir of Stage Fright

By Sara Solovitch

Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch

Stage fright is one of the human psyche's deepest fears. Laurence Olivier learned to adapt to it, as have actors Salma Hayek and Hugh Grant. Musicians such as George Harrison and Adele have battled it and learned to cope. Others never do: In 1973, Pittsburgh Pirates All-Star pitcher Steve Blass suddenly could no longer find the strike zone; his career ended soon after. Surveys in the United States repeatedly rank public speaking as one of the top fears, affecting up to 74 percent of people.

Sara Solovitch studied piano as a young child and fell in love with music. At ten, she played Bach and Mozart in her hometown's annual music festival, but was overwhelmed by fear. As a teen, she attended Eastman School of Music, where stage fright led her to give up aspirations of becoming a professional pianist. In her late fifties, Sara gave herself a one-year deadline to tame performance anxiety and play before an audience. She resumed music lessons, while exploring meditation, exposure therapy, cognitive therapy, biofeedback, beta blockers, and other remedies. She performed in airports, hospitals, and retirement homes before renting a public hall and performing for fifty guests on her sixtieth birthday.

Using her own journey as inspiration, Solovitch has written a thoughtful and insightful examination of the myriad causes of stage fright and the equally diverse ways to overcome it, and a tribute to pursuing personal growth at any age.

Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch Bibliography

- Sales Rank: #859823 in Books
- Published on: 2015-06-16
- Released on: 2015-06-16
- Original language: English
- Number of items: 1
- Dimensions: 8.43" h x 1.04" w x 5.85" l, .0 pounds
- Binding: Hardcover
- 288 pages

 [Download Playing Scared: A History and Memoir of Stage Frig ...pdf](#)

 [Read Online Playing Scared: A History and Memoir of Stage Fr ...pdf](#)

Download and Read Free Online *Playing Scared: A History and Memoir of Stage Fright* By Sara Solovitch

Editorial Review

Review

“Interspersed with her own story, Solovitch provides plenty of context on performance anxiety in general . . . For those who similarly suffer, and they are legion, the book suggests, the memoir offers comfort and hope.”
?Kirkus Reviews

“There is a wide range of behavioral and mental exercises that might help [the physical symptoms of anxiety], and these are the main subject of Sara Solovitch's *PLAYING SCARED*.” ?*The New Yorker*

“Readers will find her story fascinating.” ?*Publishers Weekly*

“Solovitch's book is not just a memoir, but a practical guide for the multitudes who share her . . . performing fears. One of the unexpected pleasures of the book is Solovitch's description of playing the piano . . . her dedication to her craft and the joy she experiences as she immerses herself in the music.” ?*BookPage*

“One of the strengths of this book is the clarity and confidence of Solovitch's prose.” ?*Weekly Standard*

“Not only has Sara Solovitch written a gripping and compelling tale of her own journey as a musical performer confronting stage fright, *Playing Scared* will hold significance for anyone who fears the spotlight, whether in the boardroom, on the playing field or on stage. Masterfully done!” ?Jennifer L. Eberhardt, associate professor of psychology at Stanford University and a 2014 MacArthur Fellow

“Who knew that stage fright was so widespread--the sad secret of many musicians, athletes, actors, and people from all walks of life who dissolve when giving a talk to a dozen people? Brava to Solovitch for weaving the fascinating history of stage fright together with her own experience of playing the piano literally scared stiff, and for enriching all of us by sharing her triumphant story.” ?Katie Hafner, author of *MOTHER DUGHTER ME* and *A ROMANCE ON THREE LEGS: GLENN GOULD'S OBSESSIVE QUEST FOR THE PERFECT PIANO*

“If your knees knock, your heart races and your sweat glands become hydrants at the terrifying prospect of taking the stage, you're in good company. I once had stage fright. So did Sara Solovitch. If you're in the club, fear not. This book will set you free.” ?Steve Lopez, author of *THE SOLOIST: A LOST DREAM, AN UNLIKELY FRIENDSHIP AND THE REDEMPTIVE POWER OF MUSIC*

“This fascinating book is a memoir of the author's journey from uncontrollable stage fright as a young pianist to the joy of recovery in middle age . . . and there are quite a few useful tips along the way.” ?Stephen Hough, concert pianist and composer

About the Author

Sara Solovitch is a former reporter for the *Philadelphia Inquirer* whose articles have appeared in *Esquire*, *Wired*, the *Los Angeles Times*, and the *Washington Post*. She has been a health columnist for the *San Jose Mercury News* and worked as a medical writer at Stanford University. This is her first book. She lives in Santa Cruz, California.

Users Review

From reader reviews:

Ross Jackson:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each reserve has different aim or goal; it means that reserve has different type. Some people sense enjoy to spend their time to read a book. They may be reading whatever they take because their hobby is reading a book. How about the person who don't like looking at a book? Sometime, person feel need book whenever they found difficult problem or maybe exercise. Well, probably you will want this Playing Scared: A History and Memoir of Stage Fright.

Gladys James:

In this particular era which is the greater individual or who has ability to do something more are more special than other. Do you want to become among it? It is just simple method to have that. What you should do is just spending your time little but quite enough to possess a look at some books. One of the books in the top record in your reading list will be Playing Scared: A History and Memoir of Stage Fright. This book that is qualified as The Hungry Hillside can get you closer in turning out to be precious person. By looking up and review this publication you can get many advantages.

James Roberts:

Do you like reading a reserve? Confuse to looking for your selected book? Or your book ended up being rare? Why so many concern for the book? But any people feel that they enjoy for reading. Some people likes looking at, not only science book but novel and Playing Scared: A History and Memoir of Stage Fright as well as others sources were given expertise for you. After you know how the fantastic a book, you feel need to read more and more. Science e-book was created for teacher or maybe students especially. Those ebooks are helping them to increase their knowledge. In various other case, beside science e-book, any other book likes Playing Scared: A History and Memoir of Stage Fright to make your spare time a lot more colorful. Many types of book like here.

John Kirk:

A lot of reserve has printed but it differs. You can get it by net on social media. You can choose the most effective book for you, science, amusing, novel, or whatever by searching from it. It is named of book Playing Scared: A History and Memoir of Stage Fright. You'll be able to your knowledge by it. Without making the printed book, it might add your knowledge and make anyone happier to read. It is most essential that, you must aware about e-book. It can bring you from one place to other place.

Download and Read Online Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch #AJGZB9PMR2Q

Read Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch for online ebook

Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch books to read online.

Online Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch ebook PDF download

Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch Doc

Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch Mobipocket

Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch EPub

AJGZB9PMR2Q: Playing Scared: A History and Memoir of Stage Fright By Sara Solovitch