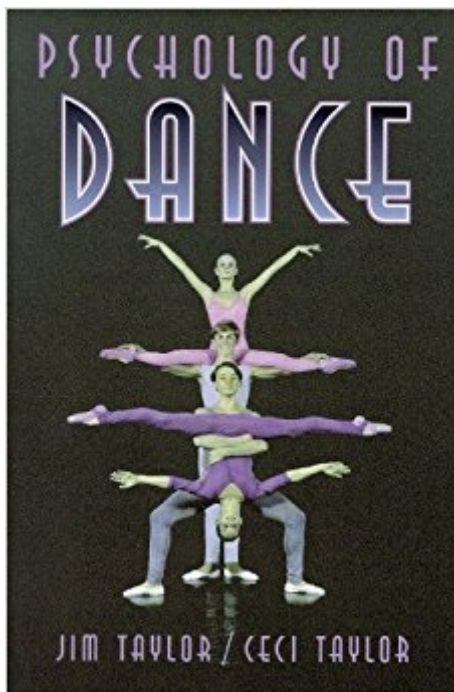


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# Psychology Of Dance



## Synopsis

Psychology of Dance is the long-awaited guide to helping dancers of all ages and abilities reach their fullest artistic potential. This first-of-its-kind reference not only gives you an understanding of the psychological issues that most influence dance performance, but also provides easy-to-use techniques that help you meet the psychological needs of your dancers. With Psychology of Dance, you'll learn how to design, implement, and maintain a Psychological Program for Enhanced Performance (PPEP). This comprehensive mental training program will enhance each dancer's performance as it: -builds motivation and develops self-confidence; -presents techniques for maintaining optimal performance intensity; -shows how to improve concentration and use dance imagery; -provides strategies for overcoming slumps and avoiding stress and burnout; and -helps the injured dancer through the physical and psychological rehabilitation process. The book also features a special format that follows the progression of a dance performance. Each chapter begins with a quote from a famous dancer that sets the mood. Then "Dress Rehearsal" describes a common scenario related to the topic at hand and asks how you might handle the situation. "Center Stage" appears in each chapter to highlight and suggest possible applications of the information covered, and "Encore" revisits key points in the chapter. The authors also include inventories that help both you and your students identify their strengths and areas of concern. Whatever the age and ability level of your dancers, Psychology of Dance provides the essential concepts and practical applications you can use to enrich their performance and personal and artistic growth.

## Book Information

Paperback: 168 pages

Publisher: Human Kinetics (April 3, 1995)

Language: English

ISBN-10: 0873224868

ISBN-13: 978-0873224864

Product Dimensions: 9 x 6.1 x 0.4 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 4 customer reviews

Best Sellers Rank: #535,779 in Books (See Top 100 in Books) #55 in Books > Arts &

Photography > Performing Arts > Dance > Reference #126 in Books > Textbooks > Humanities >

Performing Arts > Dance #138 in Books > Arts & Photography > Performing Arts > Dance >

Classical

## Customer Reviews

""I have held the ongoing premise that with certain physical attributes, the world of classical dance is 75% mental. There is the added dimension of needing the intellectual understanding of the intricacies of technique, and possessing a secure and confident mental state to allow ones mind to make free, proper, and tasteful choices in execution. As in athletics, dance is now beginning to recognize the importance of mental capabilities. A publication such as Psychology of Dance will assist with and lead to an expansion of those understandings.""Edward VillellaArtistic DirectorMiami City Ballet ""A wonderful addition to dance literature--useful for dancers, students of dance, and teachers. The techniques and approaches described in this book will assist dancers to become empowered in the dance-learning process, encouraging them to understand themselves and the role they can play in heightening their own performance and reaching their potential. It gives them the skills and sensitivities they need to take charge of their own dancing.""Enid LynnDirectorSchool of the Hartford Ballet ""When dance directors ask for ""more,"" what they often want is an increase in performance concentration or intensity. The means explored in this book for developing an optimal performance attitude should help dancers deliver what directors want. The psychological dimensions of dance the authors discuss are important additions to the dance class and can lead to more rewarding performance careers for dancers.""Jill Beck, PhDChair, Dance DivisionSouthern Methodist University "

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I purchased this book to understand how these two things intertwined with one another. Also to get some answers for a project about what I'm passionate about. I have figured out that certain techniques incorporated with dance help build motivation and self-confidence. I highly recommend this book to anyone interested in dance and psychology. This book was tremendous help.

Im glad I got this book at this point in my teaching carreer, figuring all of this out by myself would have taken me years, I really recommend this book

this book has helped me so much on my journey to becoming a dancer.any thing i need is right there in the book,it recently taught me how to avoid slumps,keep focused,it is an amazing book,my dance bible!

If you are a dancer or a dance-related professional, just read it no matter what. In such a compact book, you couldn't want any more. A dance department in a college would open a new course named "Psychology of Dance" if they knew that this book existed. I am going to translate it into a foreign language.

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