



# Stage Fright: Who Needs It?: Getting Rid Of Stage Fright for Good

*Gordon Goodman Ph.D.*

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**Stage Fright: Who Needs It?: Getting Rid Of Stage Fright for Good** Gordon Goodman Ph.D.

Stage Fright: Who Needs It is the newest most effective method for eliminating stage fright. Written by veteran performer and performance psychologist, Dr. Gordon Goodman, this book provides a fast and effective process for eliminating stage fright forever. Goodman's book is packed with sage advice to performers in every field of endeavor, and outlines the philosophy and psychology of performing in a way that's both practical and disarmingly witty. No one in the performing arts, no public speaker, athlete, or coach, no one dealing with performers in the public arena should be without this invaluable book.

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