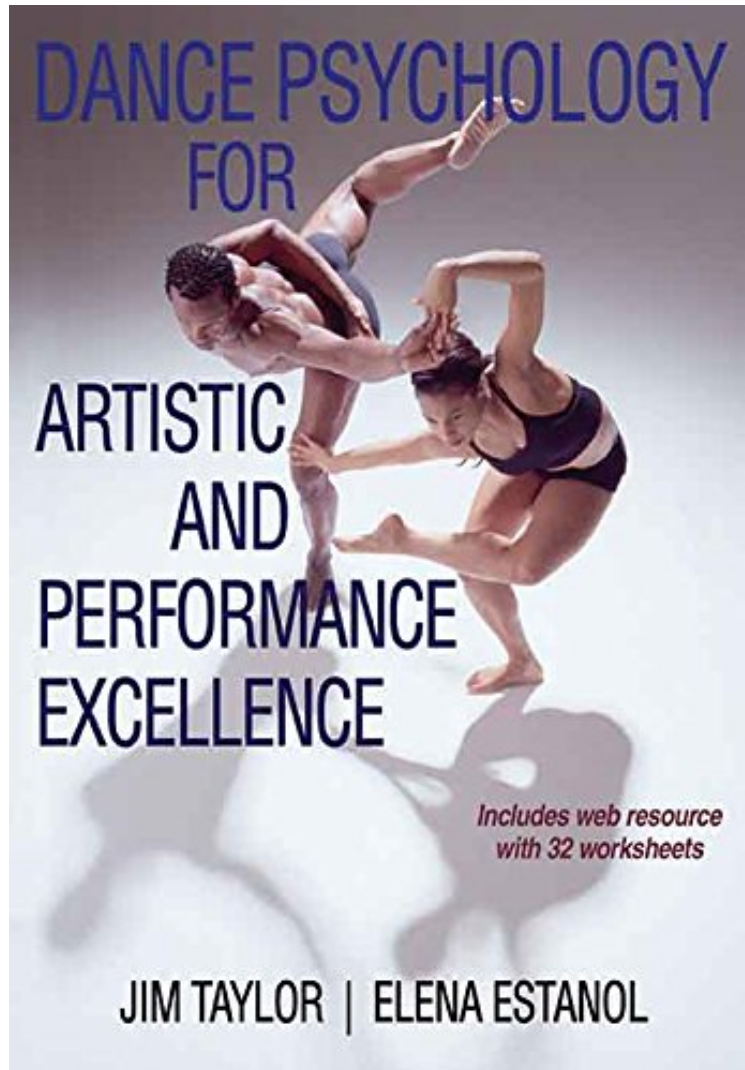


[Free and download] Dance Psychology for Artistic and Performance Excellence (Kindling My Interest)

Dance Psychology for Artistic and Performance Excellence (Kindling My Interest)

Jim Taylor, Elena Estanol

*DOC | *audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#620123 in eBooks 2015-07-01 2015-07-01 File Name: B010QUUO00 | File size: 73.Mb

Jim Taylor, Elena Estanol : Dance Psychology for Artistic and Performance Excellence (Kindling My Interest)
before purchasing it in order to gage whether or not it would be worth my time, and all praised Dance Psychology for Artistic and Performance Excellence (Kindling My Interest):

0 of 0 people found the following review helpful. Excellent update of a classicBy ElizabethThis is an excellent update to the original book written by Jim Taylor and Cici Taylor. The authors have added maybe 30% of additional material, and the material has been updated to reflect new thinking and approaches.0 of 0 people found the following review helpful. Five StarsBy CustomerGreat to read and learn1 of 1 people found the following review helpful. " Whereas peak performance focuses on the so-called perfect performance, and nearly all dance psychologists adhere to ...By

Eduardo Jimenez This book is groundbreaking in many ways. First, it's one of few contemporary texts on the psychology rather than the techniques of dancing. Beyond this, it introduces a novel concept, that of "prime performance," as opposed to "peak performance." Whereas peak performance focuses on the so-called perfect performance, and nearly all dance psychologists adhere to this limited range of practice, prime performance is a broader theory of dance that emphasizes maintaining a balance: such that the peaks and valleys of one's performance can be managed as to increase the probability of improved performance and sustainable excellence without submitting every moment on stage or in rehearsal to the elusive, fictitious, and often destructive test of perfection. Beyond the novelty of its philosophy, it provides an equally novel, step by step, practical approach toward achieving prime performance: catered to a wide range of personality types, not to the abstract dancer. This is a masterpiece for anyone curious about the psychology of performance.

Dance Psychology for Artistic and Performance Excellence helps dancers develop psychological strength to maximize their performance. The book covers the key mental aspects of dance performance and offers practical exercises that will make dancers' minds their most powerful tools.

About the Author Jim Taylor, PhD, is a long-time sport psychologist and a consultant, speaker, and author who has worked with dancers for three decades. He is also a coauthor of *Psychology of Dance*, a predecessor of this book, and has consulted with Miami City Ballet. He is a member of the American Psychological Association and the Association for Applied Sport Psychology. Taylor received a PhD in psychology from the University of Colorado at Boulder. He enjoys skiing, running, and cycling. Elena Estanol, PhD, MFA, is a counseling sport psychologist, speaker, peak performance, wellness, and ADHD coach and executive director of Synapse Counseling, LLC, a wellness center that provides cutting-edge sport psychology services, eating disorder and ADHD treatment to dancers, athletes, and performing artists in Fort Collins, CO. She has spent most of her life dancing, teaching, and choreographing dance. She is a frequent consultant to dance schools, companies, and teams. Estanol is a member of the American Psychological Association, the Association for Applied Sport Psychology, and the International Association for Dance Medicine and Science. She received her PhD in counseling psychology, MS in sport psychology, and MFA in kinesiology, choreography, and pedagogy from the University of Utah. In her leisure time, she enjoys hiking, yoga, dancing, writing, and aerial silks (aerial dance).