



Getting Your Music Past the Fear

Don Richmond

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Getting Your Music Past the Fear is for everyone who knows they have the music inside but feels strangled by fear every time they try to let it out. Veteran musician, songwriter, record producer and engineer Don Richmond explores the music and the multiple forms and manifestations of fear that prevent your music from coming out and doing its work in the world. The book contains both in-depth discussion exploring the root causes of fear and a section of exercises presenting many easily accessible, real-world techniques for dealing with fear's immediate effects. The discussion and exercises will help you get your music past the fear in a wide range of areas, including performance, songwriting, recording, business and promotion.

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