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From Fright to Might is a textbook/workbook for public speaking courses that provides students a simple, concise, yet comprehensive opportunity to understand the art of public speaking through hands-on experience. With the added contributions of their instructor, students will gain self-confidence, poise, research skills, outlining ability, and delivery competence. Throughout the text, the themes of confidence and anxiety-reduction are emphasized.

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At the same time, students also learn the fundamentals of public speaking. From Fright to Might proves that, in public speaking, there is little to fear, and much to gain.

Best-selling Author Janet Esposito brings more than a decade of experience helping people learn to speak and perform with calm and confidence. In *Getting Over Stage Fright*, Janet offers a new, holistic approach to this age-old problem, sharing a wide array of principles and practices to help you create the physical, mental, and spiritual well-being you need to get beyond your speaking or performing fear. This book is especially helpful to those who have moderate to high levels of performance anxiety, though it can also help those who have a milder case of the jitters. It will help you in all types of speaking or performing situations, ranging from the most casual to the most formal. It will also help you reduce and better manage any anticipatory anxiety you have before stepping up to speak or perform.

For many of us, public speaking is at best a chore marked by great anxiety and at worst a potential career stopper. Ours is a time when the ability to communicate in front of individuals or groups in all types of business and other situations is becoming paramount. *Speak Without Fear* offers a unique, practical process for combating the stage fright that plagues us every day in these situations. Unlike other books on public speaking, *Speak Without Fear* goes beyond the external techniques, such as how to breathe properly and keep eye contact, to delve deeply into the reason for your performance anxiety. It gets to the root of what's giving you the sweats so you can identify what's in the way and work through it to communicate naturally and comfortably before audiences of any size. Ivy Naistadt's easy-to-follow, step-by-step program will help you: Identify the degree and type of your nervousness Pinpoint the incidents and issues that, directly or indirectly, cause you fear and loathing in the spotlight Develop and master a technique for over-coming your anxiety that's adaptable to your level of experience and need Use your new skills to shine in a variety of situations -- whether speech making, interviewing, auditioning, or presenting No matter how anxious you are about going before an audience -- any audience, whether it's 1 or 1,000 -- *Speak Without Fear* will give you the tools to speak powerfully and persuasively.

Never before has the problem of stage fright been so eloquently examined; 40 interviews with some of the most highly-accomplished public figures shed light on this affliction, offering tips from their own experiences for overcoming it. Jason Alexander, Mose Allison, Maya Angelou, David Brenner, Peter Coyote, Olympia Dukakis, Richard Lewis, and many more sound off about their trials with stage fright, candidly discussing their fears and insecurities with life in the public eye and ultimately revealing the various paths they followed to overcoming them. Stage fright sufferers from all walks of life--whether a high school freshman nervous about an oral presentation or a professional baseball player with the eyes of the world on his bat--will find consolation by understanding the commonality of their problem, as well as helpful information to finally shed their inhibitions.

Overcoming app now available. Fully updated edition of the bestselling self-help book, now recommended on the national Books on Prescription scheme. This ever-popular guide offers a self-help programme, written by one of the UK's leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy. The following websites may offer useful further information on anxiety disorders: www.social-anxiety.org.uk
www.stress.org.uk www.triumphoverphobia.com

BE THE GREAT PUBLIC SPEAKER YOU ALWAYS WISHED YOU COULD BE! No one is born with the ability to be a great public speaker. Like all things, it is learned. This practical book will help you on your journey to overcoming the number one fear of all people: the fear of public speaking, or stage fright: * The first step: admit that stage fright exists. * The second step: understand why stage fright exists. * The third step: overcome your stage fright using the 5 Keys. Through the development of techniques to subdue, master, and overcome stage fright, PHOBIA will help you become the great public speaker you always wished you could be.

Packed with income-generating ideas about creating a variety of saleable written works, this guide includes information for researching and writing effective, instructional materials and calling upon a variety of publishing channels, including magazines, traditional book publishers, self-publishing, and the Internet. The mechanics behind becoming a successful writer and information packager are presented in this resource that explores how to write

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