



## From Afraid to Speak to Paid to Speak: How Overcoming Public Speaking Anxiety Boosts Your Confidence and Career Workbook

By Lisa M Ryan

Createspace, United States, 2013. Paperback. Book Condition: New. 276 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.When you think about having to speaking in public, are you filled with fear, dread, anxiety? Do you suffer from shaking hands, pounding heart, sweaty palms, trembling voice, or a reddening face? What if you were offered the opportunity to learn how to deal with your nervousness? What if you could boost your confidence any time you have to give a professional or personal presentation to a group? People who lack composure, who talk too fast or too slow, who use non-words such as um, ah, like, you know, or any other filler words can severely damage their career potential and not reach the pinnacle of their professional pursuits. This book shows you how to become a polished, passionate, and persuasive speaker that captures the audience s attention and their imagination. Imagine what would happen if you possessed the key to uncover the best-kept secrets that speakers use to overcome the fear and anxiety of public speaking. Whether you dream of a career as a highly paid motivational speaker or you simply want to conduct a five-minute business...



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