

OVERCOME THE FEAR OF PUBLIC SPEAKING:

E-book

Key Content

This book is packed with solid, practical and unique material.

- ✿ There are over 110 pages of anxiety reduction strategies, fear elimination techniques and public speaking tips.
- ✿ The causes of public speaking anxiety and stage-fright are uncovered.
- ✿ Easy-to-follow strategies are given, in a step-by-step way, to overcome your public speaking phobia, fears and anxiety.
- ✿ There are self-tests and quizzes too.

Table of contents

Introduction *Pages 1 -2*

Chapter one: Understanding the relationship between your emotions and your fear of public speaking.

Pages 3 - 16

Chapter two: The difference between confident and nervous speakers.

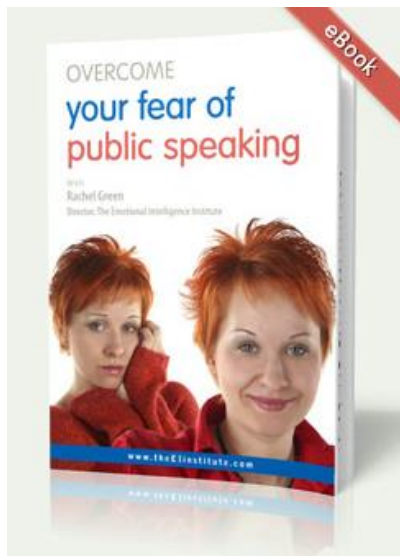
Pages 17 - 24

Chapter three: Stop thinking like a nervous person.

Pages 25 - 33

Chapter four: Overcome the fear of anxiety.

Pages 34 – 44



Chapter five: Confidence is a skill you can learn.

Pages 45 - 50

Chapter six: How to practise and develop confidence as a speaker – long-term strategies.

Pages 51 - 70

Chapter seven: How to reduce or eliminate speaking anxiety – long-term strategies.

Pages 71 - 93

Chapter eight: How to manage anxiety if it arises on the day.

Pages 94 - 105

Chapter nine: Ways to be confident on the day.

Pages 106 - 121

Chapter ten: Conclusion: How to overcome your fear of public speaking.

Pages 122 - 124

Chapter eleven: Further resources.

Pages 127 - 146