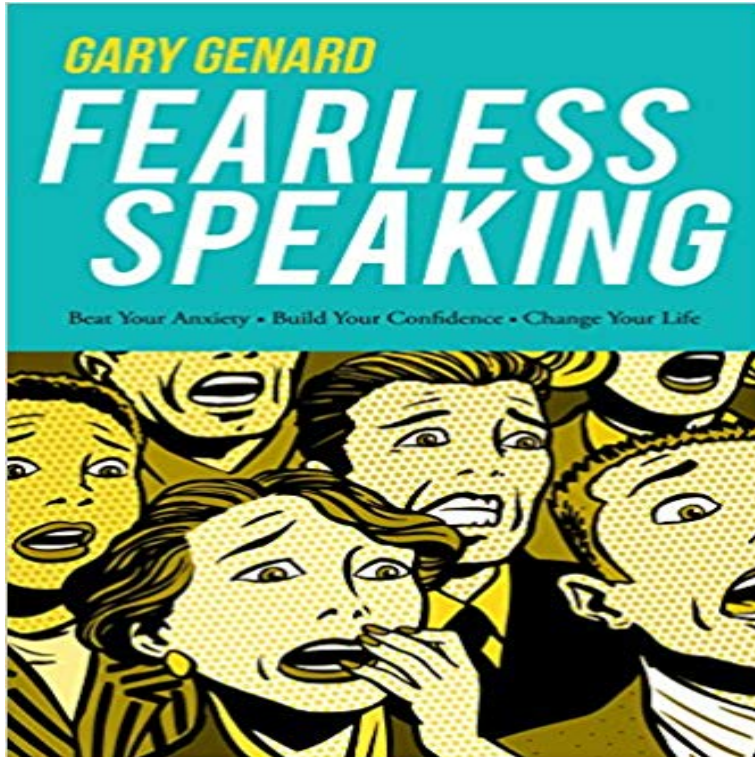


Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life.



Want to conquer your fear of public speaking? This book will help you permanently overcome the fears and anxieties that have been undermining your success. You'll discover dozens of hands-on exercises and techniques to dramatically reduce your physical symptoms and boost your comfort level and skills as a speaker. Actor and speech coach Dr. Gary Genard shows you how to grow your confidence in as little as 12 days with this proven method for eliminating speaking fear. You'll learn how to:

- Put your stage fright into perspective
- Turn negative beliefs into positive thinking
- Use body language to broadcast confidence
- Create your own success with positive visualization
- Practice biofeedback to control your stress response
- Halt a panic attack before it starts
- Acquire the skills to become a dynamic speaker

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