



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

By Gary Genard



Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life. By Gary Genard

Overcoming fear of public speaking is easier than you think!

If speech anxiety is making you miserable or limiting your career, *Fearless Speaking* can change all that *in as little as 12 days*. Actor and speech coach Dr. Gary Genard shares his proven method that has been helping people worldwide since 2001 transform their stage fright into confidence.

Escape the negative thinking, physical symptoms, and avoidance behavior that are holding you back. This book is a practical, self-directed approach for dramatically improving your comfort level and skills through dozens of empowering exercises and techniques.

You'll learn how to:

- Put your fear into perspective
- Calm your nerves and boost your confidence
- Turn negative self-talk into positive thinking
- Use visualization techniques for successful outcomes
- Display body language that broadcasts confidence
- Practice biofeedback to control your stress response
- Halt a panic attack before it starts
- Speak to audiences of any size without fear
- Acquire the skills to become a dynamic speaker
- Start enjoying public speaking for career success

If you suffer from speech anxiety, *Fearless Speaking* can change your life. Start enjoying public speaking today, and reap the rewards!

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Bibliography

- Sales Rank: #219777 in Books
- Published on: 2014-06-17
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .57" w x 6.00" l, .75 pounds
- Binding: Paperback
- 252 pages

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Editorial Review

Review

ADVANCE PRAISE for *Fearless Speaking*:

Nick Morgan, President of Public Words, Inc., and author of *Power Cues* --

"If the prospect of giving a speech fills you with dread, Gary Genard's *Fearless Speaking* is the book for you. Gary shows you how to reframe your fear and provides you with scores of tips to deal with the physical symptoms of fear that we all find so uncomfortable. A must-read for the frequent speaker."

James Roosevelt, Jr., Chief Executive Officer, Tufts Health Plan --

"*Fearless Speaking* is a valuable guide for anyone who gives presentations, to any audience. The self-understanding and confidence-building techniques in this book are powerful."

Suzanne Bates, author of *Speak Like a CEO* --

"While the shelves are filled with books on speaking, those that help people conquer fear are important. Speech anxiety keeps so many people from achieving their potential, feeling confident, and being heard. *Fearless Speaking* is practical, actionable, encouraging and empowering. What are you waiting for?"

About the Author

Gary Genard is one of America's top speech coaches. An actor and performance expert, he helps professionals become exceptional speakers and presenters.

He is the creator of The Genard Method of performance-based public speaking training. He coaches CEOs, Fortune 500 companies, governments, nonprofits, small businesses, and entrepreneurs. His clients have appeared on the Today show, CNN, C-Span, and other media outlets around the world. In 2014, Global Gurus ranked Gary No. 25 on its list of the world's top communication gurus.

His Fearless Speaking system for eliminating speech anxiety combines breathing, mindfulness, body language, and vocal tools to help professionals become calmer and more confident speakers. Gary remains dedicated to inspiring people from all walks of life to discover the power of their own voice and reach their full potential as communicators.

Users Review

From reader reviews:

Morris Whitfield:

Nowadays reading books become more than want or need but also get a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The info you get based on what kind of publication you read, if you want get more knowledge just go with education and learning books but if you want really feel happy read one along with theme for entertaining including comic or novel. The actual Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life. is kind of e-book which is giving the reader unforeseen experience.

Walter Knight:

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Miguel Lynch:

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Leon Bailey:

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