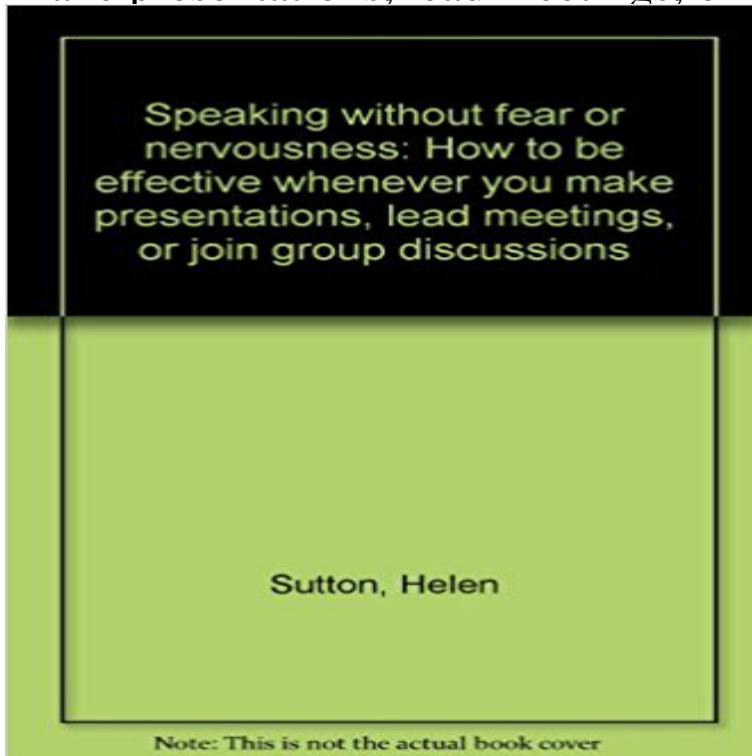


# Speaking without fear or nervousness: How to be effective whenever you make presentations, lead meetings, or join group discussions



Those who cringe at the thought of public speaking may be passing up golden opportunities to showcase their professional expertise and personal talents. This audio program will help listeners take a bold step toward conquering their anxieties once and for all. They'll uncover self-defeating thoughts, and replace them with positive expectations. Listeners get trusty tips to help them deal with their physical symptoms. Plus they'll learn practice techniques that help build confidence. 2 cassettes.

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