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Speak Without Fear: A Total System for Becoming a Natural, Confident Communicator. Ivy Naistadt. I found this book to be immediate help, I would

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recommending it to anyone new or experienced at speaking before a group. Part 1 was the most helpful, many books cover how to speak in public but this is the first one to cover where the fear originates and how to overcome it.

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Her 20 years of experience in helping business professionals manage their public speaking jitters are synthesized in her new book, *Speak Without Fear: A Total System for Becoming a Natural, Confident Communicator* (Harper Collins Publishers, February 20, 2004). The stage fright we experience in situations where we are called upon to put ourselves on the line before a group or a person is fueled by three things, according to Naistadt, including:

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root of what's giving you the sweats so you can identify what's in the way and work through it to communicate naturally and comfortably ...

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Example text. First I want to thank my partners in the publishing journey. I especially want to thank John McCarty for initiating this project, seeing its true potential, and encouraging me to move forward.

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For many of us, public speaking is at best a chore marked by great anxiety and at worst a potential career stopper. Ours is a time when the ability to communicate in front of individuals or groups in all types of business and other situations is becoming paramount. Speak Without Fear offers a unique, practical process for combating the stage fright that plagues us every day in these situations ...

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