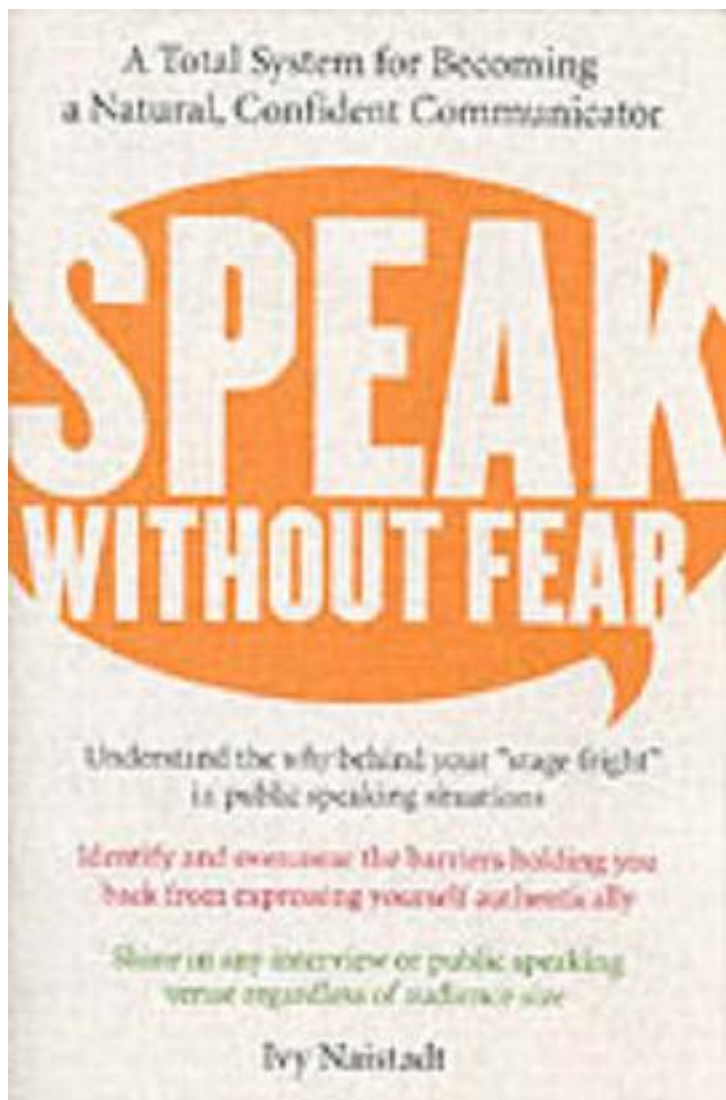


Speak without Fear



[Speak without Fear_下载链接1](#)

著者:Najstadt, Ivy

出版者:Harpercollins

出版时间:2005-5

装帧:Pap

isbn:9780060524494

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. Unlike other books on public speaking, *Speak Without Fear* goes beyond the external techniques, such as how to breathe properly and keep eye contact, to delve deeply into the reason for your performance anxiety. It gets to the 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 before audiences of any size. Ivy Naistadt's easy-to-follow, step-by-step program will help you: Identify the degree and type of your nervousness Pinpoint the incidents and issues that, directly or indirectly, cause you fear and loathing in the spotlight Develop and master a technique for over-coming your anxiety that's adaptable to your level of experience and need Use your new skills to shine in a variety of situations -- whether speech making, interviewing, auditioning, or presenting No matter how anxious you are about going before an audience -- any audience, whether it's 1 or 1,000 -- *Speak Without Fear* will give you the tools to speak powerfully and persuasively.

作者介绍:

目录:

[Speak without Fear_ 下载链接1](#)

标签

评论

实际上就看了一下 content 部分，确实没有时间都一本非母语，又不是十分必要的书

[Speak without Fear_ 下载链接1](#)

书评

[Speak without Fear_下载链接1](#)