



Overcoming the Fear of Public Speaking

By Gary Rodriguez

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Overcoming the Fear of Public Speaking By Gary Rodriguez

If you are like many people, including the author at one time, your fear of public speaking may be holding you back and limiting your influence and potential. This book is designed to help you confront and conquer your fear of public speaking. Each of the twenty lessons builds upon the other and guides you through a systematic process to freedom. Public speaking is a skill that is important and valuable for many obvious reasons. Ralph Waldo Emerson declares rightfully, "Speech is power: speech is to persuade, to convert, to compel." Being a good communicator can enhance your chances to be a leader, to influence an audience, or perhaps to land a business deal or new job opportunity. Sooner or later, you will be asked or even forced to speak in a public setting. Though this thought is exhilarating to some, it also terrifies a great number of others. Sadly, fear of public speaking silences scores of voices, causing many to lose out on a variety of opportunities. Indeed, being a competent public speaker may enhance your career, business influence, and potential for success. Whether your fear of public speaking is slight or severe this book will help to face it down and defeat it, once and for all. You will also find a variety of tools and tips to help you improve your ability to speak in front of others. There really is a way to overcome your fear of speaking in public. By purchasing this course and looking for ways to apply it, you have taken an important first step. However, in order to deal with the fears that bind you, you will need to commit to doing some hard work. But, let me assure you that if you read the lessons carefully and do the exercises suggested herein, you will notice a marked difference in yourself by the end of this course. The only way you will conquer the fear of public speaking is confronting it head on. That is exactly what "Overcoming the Fear of Public Speaking" will help you do.

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Overcoming the Fear of Public Speaking By Gary Rodriguez Bibliography

- Sales Rank: #6665616 in Books
- Brand: Brand: LeaderMetrix
- Published on: 2011-05-02
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .38" w x 5.98" l, .72 pounds
- Binding: Hardcover
- 106 pages

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Editorial Review

Review

"Overcoming the Fear of Public Speaking" is a book that helps readers confront and conquer their fear of public speaking.

--LeaderMetrix Inc.

From the Inside Flap

Why are people fearful of the thought of speaking in public? What practical steps can be taken to be freed from this stifling fear? The answers to both questions are contained in the book by Dr. Gary Rodriguez titled, "Overcoming the Fear of Public Speaking." The fear of speaking in public has derailed many careers and silenced countless voices. There are some things in life that are inevitable like death and taxes. However, the fear of public speaking is not one of those things. Overcoming the Fear of Public Speaking offers twenty practical lessons designed to help you confront and conquer the fears associated with public speaking. In the earlier lessons, you will learn to understand the origin of your fear, in other words, how and why it began. While the later lessons will offer practical tips and tools to help you enhance your communication skills. In addition, each lesson concludes with journaling exercises intended to provide intermittent times of reflection and insight. If you struggle with the fear of speaking in public, you are not alone. However, you need to be silent no longer because of this fear. The tools you need to overcome this fear are available to you. You do not have to be captive to this fear any longer. The question before you is simple. Are you ready and willing to confront and conquer the fear of public speaking? If your answer is yes, you have come to the right place.

About the Author

Dr. Gary Rodriguez is president of LeaderMetrix (LeaderMetrix.com), a consulting company that specializes in senior-level executive coaching, conflict resolution and mentoring public speakers. His first book "Purpose-Centered Public Speaking" was an instant success. His extensive resume includes eighteen years as an executive in the radio business where he spent several years as one of the original managers of Infinity Broadcasting. He was twice nominated as medium market manager of the year by the Bobby Poe report, a national media publication. Having worked successfully as both a CEO and a President, Gary understands the issues and challenges facing today's leaders. He is uniquely qualified to partner with senior leaders in public, private, and non-profit organizations. He is also certified in coaching from Hudson Institute of Santa Barbara. For over thirty-five years, Gary has spoken in public both nationally and internationally. He coaches speakers and senior leaders in corporations, churches, and non-profit organizations. Gary's resume includes a season in the U.S. Army where he was highly decorated as the youngest Drill Instructor in the Army's history at age 18 years. He was also awarded the Silver Star (the nation's third highest award for valor) while serving in Viet Nam.

Users Review

From reader reviews:

Frances Temple:

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