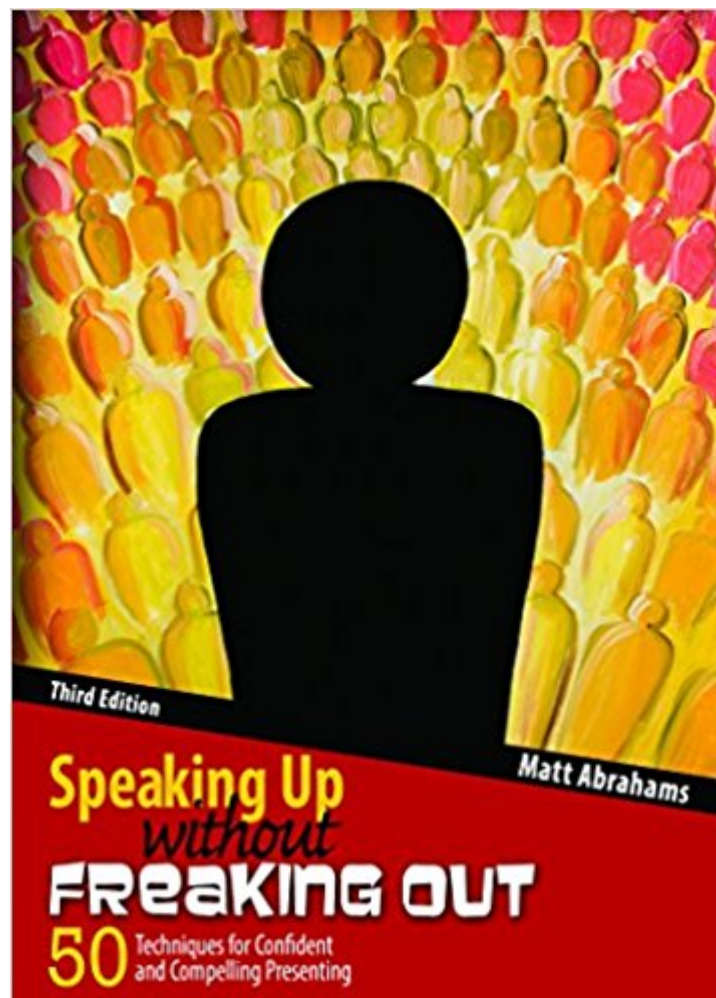




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# Speaking Up Without Freaking Out: 50 Techniques For Confident And Compelling Presenting



## Synopsis

50 Scientifically-Supported Techniques to Create More Confident, Calm, and Competent Speakers

Speaking Up without Freaking Out by Matthew Abrahams is an easy-to-read book of 50 anxiety management techniques that are based on scientifically supported theory and evidence. After completing this book, readers will be more confident, calm, and competent speakers. Speaking anxiety involves a complicated mix of physiological and psychological factors. The book begins with an explanation of public speaking anxiety -- its origins and manifestations. Next, the specific management techniques are delineated, organized around the theories that spawned them. Then, readers are provided with advice on three common pitfalls that often intensify speaking anxiety. Finally, readers are given suggestions and examples of how to find the right techniques for them. The new 2nd edition of Speaking Up Without Freaking Out: Encourages the reader to explore the tried-and-tested anxiety management tools through specific "Try This" guidance provided for each technique. Includes public speaking anxiety management advice to non-native English speakers. Ends each chapter with a summary of Key Takeaways along with an Activity designed to help the reader put chapter concepts into practice. Is available in eBook and print versions. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Paperback: 176 pages

Publisher: Kendall Hunt Publishing; 3 edition (January 5, 2016)

Language: English

ISBN-10: 1465290478

ISBN-13: 978-1465290472

Product Dimensions: 0.5 x 5 x 7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 46 customer reviews

Best Sellers Rank: #51,732 in Books (See Top 100 in Books) #71 in [Books > Textbooks > Communication & Journalism > Speech](#) #91 in [Books > Reference > Words, Language & Grammar > Public Speaking](#) #99 in [Books > Reference > Words, Language & Grammar > Speech](#)

## Customer Reviews

This powerful little book is packed with scientific insights and solutions to help us overcome presentation anxiety. After reading this book, you will want to follow (and hire) Matt Abrahams. He is

an expert in the field of communication and virtual presentations!

If you get nervous when speaking in front of a crowd, you need this book. It's a perfect guidebook that you can reference over and over. The way it is structured makes it extremely easy to follow along with and remember the main points. The examples given in the book are both realistic and more importantly, they work! If you truly want to overcome your fears of public speaking, add this book to your collection.

I appreciate the brevity and multifaceted approaches discussed. The use of clinical language and a good glossary were well appreciated for my structured and analytical perspective. There is a very terse appendix summarizing all of the techniques. I will refer to this book time and again.

Great item

You tube his Ted talk you'll love it.

This concise, easy-to-read, yet chock full of research book is a great handbook for addressing public speaking anxiety. It covers soup-to-nuts: how to overcome roadblocks like procrastination and perfectionism in writing a speech to how to handle the anxiety that can grip many (if not most) of us right before taking the "podium". The book has little highlighted "Try This" sections that are extremely helpful and applicable. Extra bonus-- the book is small enough to fit into a backpack or bag so you can keep it with you for emergency situations (like right before going on stage).

Very interesting book, it is a small pocket size book with only 130 pages. It has a lot of tips to overcome the fears of speaking, Very easy to read and apply the tools.

Excellent book with many practical applications for developing effectiveness as a communicator. Highly recommended!

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