



The Performance Anxiety Workbook : A Self Help Workbook for Anyone That Speaks, Sells or Performs in Public

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The definitive book on overcoming performance anxiety, it is helpful for performers of all types: salespeople, executives, teachers - anyone who must speak in public. It provides practical, step-by-step guidance plus spaces for journaling and interactive exercises. Actors aren't the only ones who get stage fright. Salespeople, teachers, executives - anyone who ever has to speak to a group of any size needs The Performance Anxiety Workbook. This book shows how to approach public presentations calmly and comfortably, without sweaty palms and a pounding heart. Effective anxiety-management techniques and practical, step-by-step workbook exercises - plus thoughtful guidance from the author, a licensed psychotherapist - make this book uniquely enlightening and empowering for anyone in the spotlight.

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