

# GETTING OVER STAGE FRIGHT

**A *new* approach  
to resolving  
your fear of  
public speaking  
and performing**



**JANET ESPOSITO, MSW**

**Getting Over Stage Fright By Janet Esposito 25 Sep 2009**  
**Paperback**

**Janet E. Esposito**



## **Getting Over Stage Fright By Janet Esposito 25 Sep 2009 Paperback:**

Getting Over Stage Fright Janet E. Esposito, Janet Esposito, 2009 Best selling Author Janet Esposito brings more than a decade of experience helping people learn to speak and perform with calm and confidence In Getting Over Stage Fright Janet offers a new holistic approach to this age old problem sharing a wide array of principles and practices to help you create the physical mental and spiritual well being you need to get beyond your speaking or performing fear This book is especially helpful to those who have moderate to high levels of performance anxiety though it can also help those who have a milder case of the jitters It will help you in all types of speaking or performing situations ranging from the most casual to the most formal It will also help you reduce and better manage any anticipatory anxiety you have before stepping up to speak or perform

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Eliminate your need to avoid situations of speaking or performing because of fear Create a relaxed and confident state of mind and body in preparing to speak or perform Break through your fear and create an inner peace around speaking and performing that you never imagined possible      **In the Spotlight** Janet Esposito, 2008-06-11 In The Spotlight is a dynamic workbook for the anxious presenter or performer Short easy to understand chapters with succinct summaries and powerful action steps make this book a must read Anthony Robbins author of Awaken the Giant Within and Unlimited Power Are you tired of suffering from stage fright Have you had enough of feeling terrified of speaking or performing in front of others and trying to avoid it at all costs If so In The SpotLight is perfect for you It reveals the principles methods and strategies that can help you get beyond stage fright and create a whole new possibility for comfortable and confident speaking and performing It will also help you if you are self conscious and uncomfortable in any social situation

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