



# **Afraid to Speak to Paid to Speak: How Overcoming Public Speaking Anxiety Boosts Your Confidence and Career**

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Do you hate to speak in front of people?

When you think about having to address a group, are you filled with fear, dread, anxiety? Do you suffer from shaking hands, pounding heart, sweaty palms, trembling voice, or a reddening face? What if you had the opportunity to significantly reduce your nervousness? How would you feel if you knew you could boost your confidence any time you had to give a professional or personal presentation to an audience?

Imagine what would happen if you possessed the key to uncover the best-kept secrets that speakers use to overcome their fear and anxiety of public speaking.

People who lack composure, who talk too fast or too slow, who use non-words such as “um,” “ah,” “like,” “you know,” or any other filler words can severely damage their career potential and not reach the pinnacle of their professional pursuits. This book shows you how to be a polished, passionate, and persuasive speaker that captures the audience’s attention and their imagination.

Whether you dream of a career as a highly paid motivational speaker or you simply want to conduct a five-minute business presentation without embarrassing or making a fool of yourself, “From Afraid to Speak to Paid to Speak is for you. You’ll explore the top ten techniques for reducing nervousness and increasing confidence, professional presence, and income potential - with everything from how to prepare for your presentation, to tips on the most effective ways to breathe, eat and dress. You’ll learn to love your uniqueness, overcome obstacles, and strive for excellence, not perfection.

Beginners will benefit from this book because the author, Lisa Ryan has “been there, done that.” From a disastrous first speech at a Toastmaster’s Club to taking the stage at an international convention, Ms. Ryan knows what it feels like to fail dramatically and then to experience financial success as a professional speaker.

Proficient speakers discover time-tested techniques to “keep the butterflies flying in formation” and how to “never let them see you sweat” when conducting a presentation. A wide variety of business and speaking professionals contributed to this work, sharing the strategies that help them most when they need to conquer their jitters and quell their fears.

When you speak confidently and clearly, doors open for you. Your boss will notice. Your colleagues will look forward to your programs. You will progress to higher levels of visibility within your company or your industry, and leap ahead of the pack. And you’ll make more money. When you learn to speak from the heart, you differentiate yourself in a way that few others can master.

In this book, you’ll learn realize how YOU can immediately implement simple strategies that will boost your confidence and your career. You’ll gain in-depth knowledge in:

The secret of perfect practice

-The three very best ways to develop powerful speaking skills

The magic of scripting

- How to train your Dragon and take advantage of “talking your talk”

The art of breathing

- Calming deep breathing exercises that work

How leaders dress for speech success

- The most effective way to dress your best and make your first impression powerful

Audience appreciation

- Why “Thank You” is not enough; the depth of your gratitude increases the breadth of your business

How to master time management

- Making the most of the time you’ve got

Short, straight to the point, and loaded with examples, you will quickly learn the skills professional speakers use to overcome their anxiety before a speech.

Nationally recognized speaker, author, consultant, co-star in two award-winning films, and long-time Toastmaster, Lisa Ryan gives you what you need to take your speaking to the next level. No matter where you’re starting, you’ll finish bigger and better than you were before.

If public speaking is a problem for you, "From Afraid to Speak to Paid to Speak" is your solution.

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Are you kind of occupied person, only have 10 or perhaps 15 minute in your morning to upgrading your mind skill or thinking skill even analytical thinking? Then you are experiencing problem with the book compared to can satisfy your short period of time to read it because this time you only find reserve that need more time to be study. Afraid to Speak to Paid to Speak: How Overcoming Public Speaking Anxiety Boosts Your Confidence and Career can be your answer as it can be read by you actually who have those short time problems.

#### **Jesse Eriksen:**

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