



Speaking Scared, Sounding Good: Public Speaking for the Private Person

Peter Desberg

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For millions, the idea of public speaking is terrifying--actually ranking ahead of the fear of death. Many books on public speaking promise to turn shy talkers into impressively confident speakers, but *Speaking Scared, Sounding Good* is different. Written by Dr. Peter Desberg, a practicing psychologist who has taught thousands of people to speak in front of groups, it doesn't make ridiculous claims. What it does do is provide you with proven techniques that will enable you to make it through any speech and—even though you may still be nervous—sound as if you know what you are talking about. You'll learn how to relax, how to focus, and how to set reachable goals for yourself. Through worksheets and self-tests, you'll be able to isolate and address your individual needs. The author even discusses the unique speaking problems associated with dyslexia.

If the fear of public speaking has been holding you back in your career—or if you've simply run out of excuses to avoid talking in front of your local garden club—*Speaking Scared, Sounding Good* will successfully guide you through the process.

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