



# Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life.

By Gary Genard



**Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life.** By Gary Genard

**Overcoming fear of public speaking is easier than you think!**

If speech anxiety is making you miserable or limiting your career, *Fearless Speaking* can change all that *in as little as 12 days*. Actor and speech coach Dr. Gary Genard shares his proven method that has been helping people worldwide since 2001 transform their stage fright into confidence.

Escape the negative thinking, physical symptoms, and avoidance behavior that are holding you back. This book is a practical, self-directed approach for dramatically improving your comfort level and skills through dozens of empowering exercises and techniques.

**You'll learn how to:**

- Put your fear into perspective
- Calm your nerves and boost your confidence
- Turn negative self-talk into positive thinking
- Use visualization techniques for successful outcomes
- Display body language that broadcasts confidence
- Practice biofeedback to control your stress response
- Halt a panic attack before it starts
- Speak to audiences of any size without fear
- Acquire the skills to become a dynamic speaker
- Start enjoying public speaking for career success

If you suffer from speech anxiety, *Fearless Speaking* can change your life. Start enjoying public speaking today, and reap the rewards!

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### Editorial Review

Review

ADVANCE PRAISE for *Fearless Speaking*:

**Nick Morgan, President of Public Words, Inc., and author of *Power Cues* --**

"If the prospect of giving a speech fills you with dread, Gary Genard's *Fearless Speaking* is the book for you. Gary shows you how to reframe your fear and provides you with scores of tips to deal with the physical symptoms of fear that we all find so uncomfortable. A must-read for the frequent speaker."

**James Roosevelt, Jr., Chief Executive Officer, Tufts Health Plan --**

"*Fearless Speaking* is a valuable guide for anyone who gives presentations, to any audience. The self-understanding and confidence-building techniques in this book are powerful."

**Suzanne Bates, author of *Speak Like a CEO* --**

"While the shelves are filled with books on speaking, those that help people conquer fear are important. Speech anxiety keeps so many people from achieving their potential, feeling confident, and being heard. *Fearless Speaking* is practical, actionable, encouraging and empowering. What are you waiting for?"

About the Author

Gary Genard is one of America's top speech coaches. An actor and performance expert, he helps professionals become exceptional speakers and presenters.

He is the creator of The Genard Method of performance-based public speaking training. He coaches CEOs, Fortune 500 companies, governments, nonprofits, small businesses, and entrepreneurs. His clients have appeared on the Today show, CNN, C-Span, and other media outlets around the world. In 2014, Global Gurus ranked Gary No. 25 on its list of the world's top communication gurus.

His Fearless Speaking system for eliminating speech anxiety combines breathing, mindfulness, body language, and vocal tools to help professionals become calmer and more confident speakers. Gary remains dedicated to inspiring people from all walks of life to discover the power of their own voice and reach their full potential as communicators.

### Users Review

**From reader reviews:**

**Jamey Ainsworth:**

Have you spare time for the day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a move, shopping, or went to the actual Mall. How about open or read a book eligible Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life.? Maybe it is being best activity for you. You understand beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with the opinion or you have some other opinion?

### **Steven Slaughter:**

Hey guys, do you would like to finds a new book to see? May be the book with the headline Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life. suitable to you? The book was written by famous writer in this era. Often the book untitled Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life.is one of several books that everyone read now. That book was inspired a lot of people in the world. When you read this e-book you will enter the new shape that you ever know before. The author explained their thought in the simple way, so all of people can easily to comprehend the core of this book. This book will give you a lots of information about this world now. So you can see the represented of the world on this book.

### **Paul Jackson:**

In this period globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to your account is Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life. this book consist a lot of the information from the condition of this world now. This book was represented how can the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The particular writer made some exploration when he makes this book. Honestly, that is why this book appropriate all of you.

### **Kenneth Cunningham:**

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