

[PDF] In The SpotLight: Overcome Your Fear Of Public Speaking And Performing

Janet E. Esposito M.S.W. - pdf download free book



Books Details:

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Author: Janet E. Esposito M.S.W.

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Description:

Review In The SpotLight is a real gift to people experiencing any degree of fear or discomfort in speaking or performing in front of others, either in formal or informal settings. Janet Esposito demonstrates sensitivity, wisdom, and passion in guiding her readers on a path to overcoming their fears and discovering a new-found freedom and power in self-expression. Her enthusiasm for her topic makes for easy and lively reading. You will want to read In The SpotLight if you have any

anxiousness in speaking or performing in front of others! -- *Sharon McQuaide, Ph.D., Assistant Professor, Fordham University Graduate School of Social Service*

In *The SpotLight* should become a handbook for people in the performing arts as well as those who are interested in succeeding in other occupations. Its exercises are a guide to developing communication skills that are essential to all relationships, both professional and personal. Janet Esposito has done a tremendous service to those whose potential has been limited by their social anxieties. -- *Cathy Lipper, M.S.W., D.C.S.W., Adjunct Professor, Western Connecticut State University*

Self-Expression is the most basic of human needs. Some of us, however, become paralyzed by anxiety and fears and are unable to communicate or perform effectively in public settings. Janet Esposito's book can help readers transform their previous negative experiences into golden new opportunities in sharing themselves through self-expression. A must read for anyone who fears public speaking and performing! -- *Dr. David N. Greenfield, Author of "Virtual Addiction: Help for Netheads, Cyberfreaks, and Those Who Love Them", CEO, The Center for Internet Studies, President, The Connecticut Psychological Association*

From the Inside Flap "*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, *Awaken the Giant Within* and *Unlimited Power*

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