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Overcome Public Speaking Nerves And Boost Your Career Without Psycho Mumbo Jumbo, Therapy or Hypnosis!: Overcome Public Speaking Nerves And Boost Your ... Psycho Mumbo Jumbo, Therapy or Hypnosis!

Craig Heimark

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Is this you? You are good at your job. You have friends. You are not a social misfit. But, you are literally crippled by public speaking nerves. Small audiences, large audiences, even one important person in a small room - any of these situations can induce a crushing panic attack where the walls close in, and you would rather be swallowed up and die than be where you are. The very thought of public speaking fills you with an immediate stomach churning fear. You are at your wits end. This issue is spoiling you life, dominating your thoughts, ruining your relationships – stressing you out. In others ways you are a normal successful person. You are fed up with hypnosis, counselling etc., as they have zero to limited short term effect and you know deep down they are not tackling the root of the problem. Bottom line, you don’t trust these techniques when it comes to the crunch – a public audience, because even after these sessions, you still feel the inner dark sinking feeling even when the remote thought of public speaking is mentioned. If that description fits, then you need to read this book. I’ve been through this. I used to feel that way. Actually, I was worse. But not now. I relish the opportunities to publicly speak to audiences that I used to avoid. If you think your problems are bad, you will know after reading this book that you are not alone and even the most confident appearing people share similar experiences. Actors, politicians, musicians, and your boss – we are all human. What this book tells you is that there is a way of eliminating this problem and removing a huge obstacle from your life. It happened for me, and it can for you too. The solution is simple and does not require meditation, breathing techniques or tree hugging. It does not require you to painfully throw yourself into uncomfortable situations, or to see a therapist. This book is plain speaking, and there are some attempts at humour. I am not a psychologist or therapist. I am not a doctor. I am not a professional author, and I have never written a book before. I have no medical qualifications or experience. I am someone who has suffered horribly from public speaking nerves and literally seen my life and those of others, particularly career wise, transformed beyond recognition through the simple solution I have found. This is my honest assessment of what worked for me and could work for you too.

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Adam Nelson:

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