



PHOBIA Five Keys to Overcoming Your Fear of Public Speaking

By Le Roy Kitchen

AuthorHouse. Paperback. Book Condition: New. Paperback. 84 pages. Dimensions: 7.7in. x 4.9in. x 0.3in. In PHOBIA, author Roy Kitchen presents a realistic and simple approach to overcoming the number one fear in the United States, the fear of public speaking. He uses anecdotes, quotations, and real life events to illustrate how using the keys he developed can lead to greater self-confidence, courage, and poise. His five keys reveal a step-by-step process and the principles for giving effective presentations. He states, Learning to be a good speaker is an art that one must master through practice and experience. This book will benefit people of all ages, professions, cultures, and nationalities. If you are among the millions that experience the fear of public speaking this book is a must read. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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