

GETTING OVER STAGE FRIGHT

**A *new* approach
to resolving
your fear of
public speaking
and performing**



IANET ESPOSITO MSW

Getting Over Stage Fright: A New Approach to Resolving Your Fear of Public Speaking and Performing, Janet Esposito, In The Spotlight LLC, 2009, 1934509272, 9781934509272, 216 pages. In The SpotLight: Overcome Your Fear of Public Speaking and Performing is a perfect book for those who are afraid of speaking or performing in front of others. This book provides many different methods and strategies to help you get beyond stage fright and learn to speak or perform with ease and confidence. This book will also help anyone who is self-conscious and uncomfortable in any social situation. You will discover how to: * Dramatically decrease your feelings of fear, discomfort, and loss of control associated with speaking or performing in front of others * Minimize your uncomfortable physical symptoms associated with fear * Significantly reduce the dread of anticipating a speaking or performing event * Eliminate your need to avoid situations of speaking or performing because of fear * Create a relaxed and confident state of mind and body in preparing to speak or perform * Break through your fear and create an inner peace around speaking and performing that you never imagined possible!.

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The Nervous Flyer's Handbook: Your Portable Flight Coach , Kate L. Fellows, 2009, Self-Help, 180 pages. Finally, a resource for nervous and fearful flyers from someone who can relate! Written by an "expert passenger" and former nervous flyer, this portable "flight coach" provides

How to... overcome stage fright , Richard D. Parks, 1979, , 77 pages. .

Flying Without Fear Effective Strategies to Get You Where You Need to Go, Duane Brown, 2009, Psychology, 173 pages. Offers guidance and advice for people to overcome their fear of flying, with strategies based in cognitive behavioral therapy that address concerns including security

Stage fright! , Mary Kaiser Donev, Dec 1, 1997, Language Arts & Disciplines, 16 pages. .

Phobia Five Keys to Overcoming Your Fear of Public Speaking, Roy Kitchen, Nov 21, 2005, Self-Help, . .

Face the Fear: Overcoming Public Speaking Anxiety , Todd Thomas, Apr 1, 2009, Speech anxiety, 83 pages. This easy to read and conversational book provides a system for harnessing the fear of public speaking. Whether you are a professional speaker or simply have to give the

Stage fright a Sebastian Barth mystery, James Howe, 1986, Biography & Autobiography, 146 pages. While the famous movie star Michaele Caraway is rehearsing for a summer stock play, mysterious accidents begin to occur that the young sleuth, Sebastian Barth, and his two

What Are You Really Running From? , Millicent Martin Poole, Mar 29, 2011, Religion, 84 pages. Do you show up on a job just to pay the mortgage? Even in your success, are you frustrated, feeling YOU WERE BORN TO DO MORE? What Are You Really Running From? is an empowering

Between Love, Hope & Fear , An-Najm Publishers, Aug 10, 2007, , 160 pages. Between Love, Hope & Fear is an extraordinary anthology overflowing with heart-wrenching poetry, short stories and essays that will bring you closer to achieving true love of

Dianetics The Evolution of a Science, L. Ron Hubbard, Nov 1, 2007, Body, Mind & Spirit, 211 pages. Originally written and published in national magazines to coincide with the release of Dianetics: The Modern Science of Mental Health, here is L. Ron Hubbard's own story of his

Experience, Skill and Focus of Attention as Predictors of Performance Under Pressure , Suzanne K. McGarity, 2006, Performance anxiety, 57 pages. This study investigated whether skill level, experience and attentional focus to the task or environmental stimuli would moderate the effects of pressure on putting performance

Facing a crowd how to foil your fear of public speaking, Keith Clinton, 2002, Language Arts &

Disciplines, 237 pages. Practical guide to help people overcome speech anxiety, be effective speakers, prepare quality presentations, and achieve their public speaking goals..

Louder & funnier a practical guide for overcoming stagefright, Robert B. Nelson, Jul 1, 1985, , 115 pages. Describes the reasons and remedies for stage fright, explains how to handle an audience, control symptoms of stage fright, and develop a comfortable speaking style, and

Your Public Best, Second Edition The Complete Guide to Making Successful Public Appearances in the Meeting Room, on the Platform, and on TV, Lillian Brown, Dec 6, 2002, Business & Economics, 240 pages. The definitive sourcebook for becoming your public best on the job, in interviews, at meetings, and in the media, from the expert of choice for six U.S. Presidents from Kennedy

Stagefright, a Study in Cause and Effect: Ciba ..., Issue 2; Issue 1962 Ciba Symposium, V10, No. 2 1962, F J Hacker, 2011, , 12 pages. .

Best-selling author Janet Esposito brings more than a decade of experience helping people learn to speak and perform with calm and confidence. In *Getting Over Stage Fright* Janet offers a new, holistic approach to this age-old problem, sharing a wide array of principles and practices to help you create the physical, mental, and spiritual well-being you need to get beyond your speaking or performing fear.

"If you are serious about not letting stage fright keep you from your dreams, this is the book to read. Janet Esposito has a unique talent for blending some of the most practical advice I have ever heard with what I can only describe as genuine wisdom. She is a teacher of the highest caliber." - Thom Rutledge, author of *Embracing Fear: How to Turn What Scares Us Into Our Greatest Gift*

This book is especially helpful to those who have moderate to high levels of performance anxiety, though it can also help those who have a milder case of the jitters. It will help you in all types of speaking or performing situations, ranging from the most casual to the most formal. It will also help you reduce and better manage any anticipatory anxiety you have whenever you face this challenge.

"*Getting Over Stage Fright* is a great sequel to Janet's first book, *In The Spotlight*. It deepens and expands upon her earlier work to guide the reader on a journey of personal growth and development…This book will surely help anyone who suffers from the fear of public speaking and performing, as well as many others who struggle with any kind of fear and anxiety."

"Janet Esposito’s knowledge of the treatment of performance and social anxiety are exceptional. She is clearly an expert in this field. Her newest book, *Getting Over Stage Fright*, really delivers on what the title promises. This book offers readers a fresh, new perspective on how to overcome stage fright and use fear as a catalyst to personal growth and transformation. I recommend this book wholeheartedly…"

"*Getting Over Stage Fright* is a brilliant book that shows Janet Esposito’s depth of experience and expertise in the area of public speaking and performing fear. Janet takes a fresh new approach to the problem of performance anxiety. She skillfully helps the reader to work through their fear and to gain a level of mastery and personal growth that goes well beyond what traditional approaches have offered."

"…A great solution for anyone who has even the slightest fear of public speaking is Janet Esposito’s book *Getting Over Stage Fright*. A great compliment to her first book, *In the Spotlight*, Janet goes deeper into the process of what it takes to deliver a stellar presentation. *Getting Over Stage Fright* is perfect for anyone who wants to overcome their fear once and for all…I highly recommend this book."

Please don’t delay! The sooner you read this book, the sooner you can put these principles and techniques into practice. Learn how to eliminate all suffering with speaking or performing and

create a much more positive and powerful experience any time and every time you step up to speak or perform!

Janet Esposito, M.S.W. is the president of In The SpotLight, LLC, a company devoted to helping people overcome stage fright. Janet writes and speaks with deep understanding, compassion, and inspiration as she has had first-hand experience with this fear herself. Janet's first book, In The SpotLight: Overcome Your Fear of Public Speaking and Performing, has been an Amazon bestseller and has helped thousands of people learn how to better manage their fear and find a level of comfort and confidence they never thought possible. Her CD, In The SpotLight: Guided Exercises to Create a Calm and Confident State of Mind, Body, & Spirit While Speaking or Performing, has also provided tremendous support and guidance to the many people who feel alone and overwhelmed when facing this fear. Janet's workshops and personal coaching have been a very positive and empowering experience for many hundreds of people in helping them make great progress in overcoming this fear. Janet is a master guide on this journey as she has a profound understanding of both the problem and the solution!

My colleague Janet Esposito has written an extraordinary book at a time when we need it most. If ...you are not speaking or presenting due to stage fright, listen to me-buy this book, now. The world needs to hear you and Getting Over Stage Fright will show you how easy it can be. --Dianne Legro international speaker, author, top speaking coach Founder, Speaking Success Today

In her latest book, Janet Esposito shows you how to use your mind, body, and spirit to work with, rather than against, your fear of public speaking. This holistic guide will serve as your ally and coach, helping you transform into a speaker who thrives in the spotlight. --Larina Kase, author of The Confident Leader: How the Most Successful People Go from Effective to Exceptional, and the New York Times bestseller The Confident Speaker

Janet E. Esposito, M.S.W., is the president of In The SpotLight, LLC, a company devoted to helping people overcome their fear of public speaking and performing. Janet is considered an expert on this subject and has written two books, In the Spotlight and Getting Over Stage Fright, and has also created a CD which provides support and guidance to supplement her books. Janet speaks from first-hand experience because she has overcome her own terror around speaking in front of groups and now experiences a level of comfort and confidence that she never thought possible. In her Getting Over Stage Fright workshops, Janet has helped many hundreds of people overcome their fears through her compassion, inspiration, and profound understanding of the problem and the solution. Janet also offers individual phone (or Skype) consultations and coaching sessions, providing more specific guidance and support for the challenges her clients are facing.

I credit Janet's first book, "In the Spotlight" with helping me understand and overcome my life long fear of speaking in public. However, I still struggled with anxiety issues when performing guitar solos in our church music group. Once I learned Janet released her new book, "Getting Over Stage Fright", I immediately ordered a copy and read it cover to cover. Her new book is quick reading and is a tremendous resource offering a multitude of science based well developed techniques and approaches involving the mind, body and spirit to help overcome speaking and performing fears. This holistic approach sets this book apart from all other books dealing with this issue giving the reader the tools and confidence necessary to overcome performance anxiety. Janet's compassion and deep concern to help those of us that struggle with performance anxiety is evident throughout her books. If your speaking or performance anxiety is keeping you from achieving your goals or living life to its fullest extent, I urge you to get this book. It has made a profound difference in my life.

This is by far the best book I have ever read on overcoming your fear of public speaking. Most books I've read on the subject just give general advice on ways to overcome this fear and never get to the bottom of why you have this fear. By reading this book, for the first time, I started to understand why I have this problem. For me this was the first step in making strides to overcome my fear. The book is laid out well with short and easy to read chapters. I recently had a major presentation to make; I read this book beforehand, utilized a number of Ms. Esposito's suggestions and by all accounts did an outstanding job. But most importantly, I felt like I did an outstanding job! If

you are ready to stop avoiding public speaking, ready to learn how to manage your stress, and ready to truly make strides in overcoming your fear, I highly recommend this book. No question this book has helped me and I highly recommend it.

After struggling for years with a crippling fear of public speaking, I discovered this book and it's author, who offers weekend workshops on overcoming the fear of public speaking. The book is incredible -- if you've struggled with this problem and have allowed it to keep you from doing things that you want to do in life, personally or professionally, get the book, read it, do the exercises and you will discover that overcoming this challenge IS possible. If you are able, sign up for one of her workshops as well (she requests that you read the book prior to attending the workshop). The workshop helps you put into action the strategies learned in the book and teaches you how to get off the perpetual merry-go-round of negative thinking, avoidance behavior and self-sabotage. It was a life-changing experience for me and a springboard for changing my attitude about this fear and working to overcome it. I highly recommend both the book, and if possible, the workshop.

Janet's book is rich in its simple wisdom and guiding principles that can be applied to any adversity. Her style conveys warmth and compassion . I found the book insightful and holistic in its approach. There is a soulful blending of knowledge and spirituality in her writing that makes the reader want to work her program into every day living.

Janet's book is a good continuation to her previous book "In the spotlight". It is designed for people with fear of public performance in general such as giving a speech, singing or performing. Her methods are solid and tried giving depth to her writing. The book provides ample exercises providing the reader a path to self train. The combination of this book and the other one are a must to anyone with a goal to conquer public performance.

This book is a must read for anyone faced with the challenges of anxiety and public speaking fears. Janet has a special insight from her own personal experience with public speaking anxiety and her understanding and guidance is remarkable. This book covers all the bases and teaches you how your body, mind and spirit react when faced with anxiety, she then guides you through exercises which can help get your anxiety under control as well as develop personal growth in other areas of life. Don't miss out on this book, I highly recommend it.

Janet Esposito has hit another home run with her second book, Getting Over Stage Fright. Her first book (In the Spotlight) is an incredibly useful resource for anyone who has a speaking or performing fear and I highly recommended that book as well. Her new book goes even further into the many ways to better understand this mystery of stage fright and offers a ton of tools to help you lessen your fear and build more confidence in yourself using a body, mind, spirit perspective, which I found very helpful for my clients. If you have a fear public speaking or performing, be sure to read Janet's new book, as well as her first book (her CD is also really helpful). You may also want to check out her web site to see the other things she offers.

*Order your copy of Getting Over Stage Fright today and receive a Special Bonus: A FREE Checklist of Practices to Create Calm and Confidence Before, During and After a Speaking or Performing Event. Please be sure to request the Checklist by emailing Janet's assistant Tammy at tammy@performanceanxiety.com and she will send it to you as soon as possible.

If you are like most people, you likely experience some degree of stage fright, as the fear of public speaking is one of the most common fears people report. While some people have only a mild case of the jitters when stepping up to speak or perform, many others have a much higher level of performance anxiety.