



Performance Anxiety

Eric Maisel

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Performance Anxiety

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- The definitive book on overcoming performance anxiety

- Helpful for performers of all types: salespeople, executives, teachers—anyone who must speak in public

- Practical, step-by-step guidance plus spaces for journaling and interactive exercises

- Replaces ISBN 0-8230-8834-0, *Fearless Presenting*

Actors aren't the only ones who get stage fright. Salespeople, teachers, executives—anyone who ever has to speak to a group of any size needs **Performance Anxiety**. This book shows how to approach public presentations calmly and comfortably, without sweaty palms and a pounding heart. Effective anxiety-management techniques and practical, step-by-step workbook exercises—plus thoughtful guidance from the author, a licensed psychotherapist—make this book uniquely enlightening and empowering for anyone in the spotlight.

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