



In The SpotLight: Overcome Your Fear of Public Speaking and Performing

Janet E Esposito M.S.W.

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Are you tired of suffering from stage fright? Have you had enough of feeling terrified of speaking or performing in front of others and trying to avoid it at all costs? If so, **In The SpotLight: Overcome Your Fear of Public Speaking and Performing** is perfect for you! The book is an extensive guide to the principles, methods, and strategies that can help you get beyond stage fright and create a whole new possibility for comfortable speaking and performing. This book will also help anyone who is self-conscious and uncomfortable in any social situation.

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