



## Knee Knocking, Hyperventilating Nerves and 7 Steps to Beat Them

By Ms Belinda Faulkner

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 42 pages. Dimensions: 8.0in. x 5.2in. x 0.1in. Knee Knocking, Hyperventilating Nerves and 7 Steps to Beat Them offers practical steps to overcome nerves before a performance, with a particular focus on public speaking. The book grew out of many Speechcraft courses, working with people ranging from anxious to terrified of public speaking. Working with these people drew on a mix of biomedical knowledge of stress through to more meditation and visualisation exercises to set yourself up for success. This is a very simple, easy-to-follow guide to overcoming nerves. The 7 steps can be implemented by anyone easily and quickly. This item ships from La Vergne, TN. Paperback.



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