



Getting Over Stage Fright : A New Approach to Resolving Your Fear of Public Speaking and Performing

Janet Esposito

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Best-selling Author Janet Esposito brings almost two decades 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. 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 before stepping up to speak or perform.

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