



7 Steps to Fearless Speaking

By Lilyan Wilder

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"Lilyan Wilder has trained more broadcasters, politicians, and business executives than anybody." - Charles Osgood, Anchor, CBS News Sunday Morning.

When people say they'd rather die than address an audience, they're not kidding. Fear of public speaking has even topped death in some surveys. But now top communications consultant Lilyan Wilder offers some sound advice on how to overcome the crippling inhibition of public speaking. Her clients have included media icons Oprah Winfrey and Charlie Rose, former President George Bush, John Sculley, and Katharine Graham. 7 Steps to Fearless Speaking will teach you how to cope with the panic, avoidance, and trauma of speaking as you give the gift of your conviction and experience your voice for the first time.

"Lilyan Wilder is the industry's undisputed grand dame of broadcast coaching." - The New York Times.

"Lilyan Wilder understands how to make the essential connection between a speaker and an audience. In this book, she tells you how to do it as she has told so well to so many famous communicators." -Charlie Rose.

"7 Steps to Fearless Speaking has helped me to speak with persuasion and conviction....Follow Wilder's sage counsel, and you'll find your public speaking much improved and more rewarding." -Ivan Seidenberg, Chairman and CEO, Bell Atlantic.

"Lilyan Wilder is simply the best. I continue to use many of her exercises on a daily basis. They're wonderful." -Dr. Bob Arnot, Chief Medical Correspondent, NBC News.

"Lilyan Wilder is simply awesome, personally and professionally." -Maria Shriver, Correspondent, NBC News.

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Editorial Review

From Library Journal

Wilder, a veteran communications consultant and author of *Talk Your Way to Success*, arrives with her second book and an impressive list of clients, including Maria Shriver, Oprah Winfrey, and George Bush. Of the many titles available on public speaking, this is one of the better ones, offering concise, practical information. Since 45 percent of Americans are more afraid of public speaking than anything else, Wilder starts there, describing the five fears of public speaking. She then moves through the complications of vocalization and the need to get the audience involved. Some of the other subjects covered are creativity, persuasion, speaking with conviction, and preparation. Wilder even includes an emergency kit. An excellent outline for those without much time to prepare. The appendixes include a section on voice work, selected readings, and medical organizations for those truly traumatized by earlier life events. This title will be helpful to all and is recommended for public, academic, and health collections. ALisa S. Wise, Broome Cty. P.L., Binghamton, NY

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Review

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From the Back Cover

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