



Beyond Stage Fright and into the Spotlight: Overcoming Performance Anxiety and the Fear of Public Speaking -- and Winning the Hearts of Your Audience

M. Blaine Smith

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DO YOU DREAD FACING AN AUDIENCE? Yet your job or some other responsibility requires public speaking? Or you have a musical, speaking or acting talent you long to share with others, but fear holds you back?

The fear of speaking or performing in front of a crowd is the most common and debilitating fear Americans experience today. And so you're not alone!

In this warm and practical book, veteran speaker and musician Blaine Smith explains how to grow comfortable in the spotlight. Drawing on a lifetime of experience speaking and performing, and a keen interest in the topic, he offers extensive counsel for managing performance anxiety and successfully facing an audience. Phobic about the spotlight himself, Smith empathizes deeply with the struggles so many experience. Yet he is strongly optimistic that you can move beyond your fears and become effective with an audience, and he carefully explains how.

This book will help you to:

Understand how to draw on God's help to overcome your anxiety and face an audience confidently and effectively **Beyond Stage Fright and into the Spotlight** gives you the insights you need to reinvent your experience on stage! Please see the "Authors Note" in the online preview for more details on this book's contents.

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