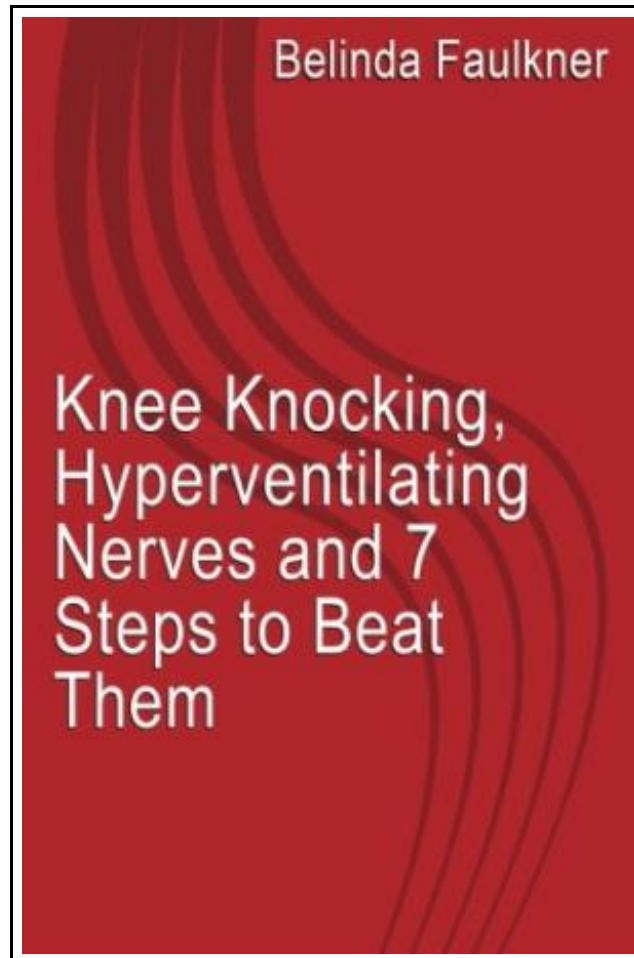


Knee Knocking, Hyperventilating Nerves and 7 Steps to Beat Them



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Excellent eBook and valuable one. It normally will not price too much. Your daily life span is going to be change once you comprehensive reading this ebook.

(Ezra Bergstrom)

KNEE KNOCKING, HYPERVENTILATING NERVES AND 7 STEPS TO BEAT THEM



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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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