
STAGE FRIGHT - NO MORE! by Rand Woodbury - Buch

STAGE FRIGHT - NO MORE! explains everything you need to overcome the fears of public speaking in a conveniently concise publication.

Here is the truth about the condition known as stage fright:

- a) All those people in the audience will be staring at me and forming opinions.
- b) Every stage environment is filled with invisible obstacles that cause our senses to go off the charts and make it extremely difficult to function normally.

These are the two main reasons why this is looked upon as being scary or frightening.

Rand Woodbury, the author, has brought everything that could hinder you-out into the light for your viewing and complete understanding. Rand created a very precise list of everything you'll encounter. Only an individual with 30 years of actual stage time could have prepared such an enlightening expose.

Using this knowledge is the absolute key to conquering the fears associated with public speaking or public performance.