

## Lecture: My Lecture

### Summary:

The first chapter of "The Art of Public Speaking" by Dale Carnegie and J. Berg Esenwein discusses the importance of acquiring confidence before an audience. The authors acknowledge that many people experience self-consciousness and fear when speaking in front of others, but argue that these feelings can be overcome with practice and preparation.

The chapter begins by describing the strange sensation that many people experience when facing an audience, and how it can be intimidating to be the focus of attention. However, the authors suggest that this fear can be overcome by facing it head-on and practicing public speaking as often as possible.

The authors use several analogies to illustrate their points, including the example of a horse that is afraid of cars. They suggest that just as a horse can become accustomed to the presence of cars by being exposed to them gradually, a person can become comfortable with public speaking by practicing it regularly.

The chapter also emphasizes the importance of being absorbed in one's subject matter, rather than being self-conscious about one's appearance or performance. The authors suggest that when a person is truly passionate about their topic, they will be able to focus on the message they are trying to convey, rather than on their own fears and anxieties.

Additionally, the chapter discusses the importance of humility and modesty in public speaking. The authors argue that a speaker should not be arrogant or self-important, but rather should be confident and self-assured. They suggest that a speaker should focus on the message they are trying to

convey, rather than on their own ego or desire for praise.

The chapter concludes with several exercises and questions for the reader to consider, including writing a speech on confidence and cowardice, and reflecting on personal experiences with public speaking. The authors emphasize the importance of practice and preparation in overcoming fear and acquiring confidence, and encourage readers to take a fearless and confident approach to public speaking.

Some of the key takeaways from the chapter include:

- \* Self-consciousness and fear can be overcome with practice and preparation
- \* Being absorbed in one's subject matter is key to confident public speaking
- \* Humility and modesty are important qualities for a public speaker to possess
- \* Confidence and self-assurance are essential for effective public speaking
- \* Practice and preparation are crucial for overcoming fear and acquiring confidence

Overall, the chapter provides a comprehensive introduction to the importance of confidence and preparation in public speaking, and offers practical advice and exercises for readers to improve their own public speaking skills.