

## Lecture: My Lecture

### Summary:

The chapter "Acquiring Confidence Before an Audience" from "The Art of Public Speaking" by Dale Carnegie and J. Berg Esenfein discusses the importance of confidence in public speaking. The authors argue that self-consciousness and fear of public speaking can be overcome by facing the audience frequently and practicing speaking. They suggest that one can cure stage fright by becoming absorbed in the subject matter, preparing thoroughly, and having a modestly confident bearing.

The chapter emphasizes that:

1. **"Practice is key"**: The only way to overcome fear of public speaking is to practice speaking in front of an audience.
2. **"Be absorbed in your subject"**: Think deeply about your subject matter and let your passion for it distract you from your fears.
3. **"Prepare thoroughly"**: Know your subject matter well and have a clear idea of what you want to say.
4. **"Have a positive attitude"**: Assume that you will succeed and that you have something valuable to offer your audience.
5. **"Don't be self-conscious"**: Focus on your message rather than yourself, and remember that your audience wants you to succeed.

The authors also provide tips for overcoming stage fright, such as:

1. **"Take a deep breath and relax"**: Before speaking, take a moment to calm your nerves.

2. **\*\*Start with confidence\*\***: Begin your speech in a quiet, conversational tone.
3. **\*\*Don't apologize\*\***: Avoid apologizing for being nervous or unprepared.
4. **\*\*Face your audience\*\***: Look at your audience and engage with them.

Overall, the chapter emphasizes the importance of confidence, preparation, and practice in overcoming stage fright and becoming a effective public speaker.