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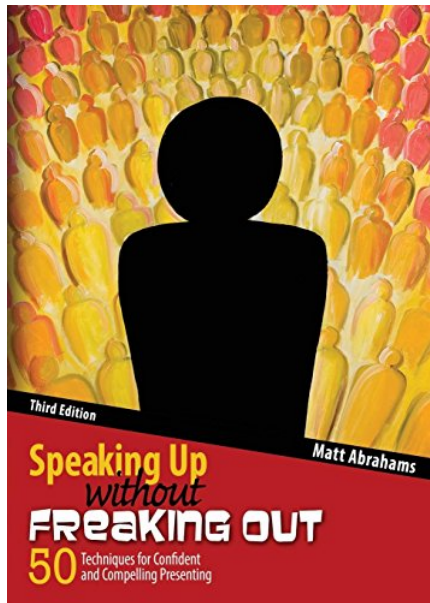

50 Scientifically-Supported Techniques to Create More Confident, Calm, and Competent Speakers Speaking Up without Freaking Out by Matthew Abrahams is an easy-to-read book of 50 anxiety management techniques that are based on scientifically supported theory and evidence. After completing this book, readers will be more confident, calm, and competent speakers. Speaking anxiety involves a complicated mix of physiological and psychological factors. The book begins with an explanation of public speaking anxiety -- its origins and manifestations. Next, the specific management techniques are delineated, organized around the theories that spawned them. Then, readers are provided with advice on three common pitfalls that often intensify speaking anxiety. Finally, readers are given suggestions and examples of how to find the right techniques for them. The new 2nd edition of Speaking Up Without Freaking Out: Encourages the reader to explore the tried-and-tested anxiety management tools through specific "Try This" guidance provided for each technique. Includes public speaking anxiety management advice to non-native English speakers. Ends each

chapter with a summary of Key Takeaways along with an Activity designed to help the reader put chapter concepts into practice. Is available in eBook and print versions.

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