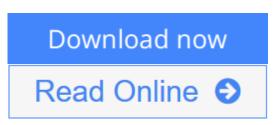


Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-Up, and Speak Out in Any Social or Business S ituation

By Don Gabor



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Editorial Review

From **Booklist**

If 75 percent of all adults consider themselves to be shy in one or more social or business situations, this is the book that can help. Gabor shares techniques he has used in conversation workshops since 1980. The examples and exercises are intended to help victims of shyness build confidence while overcoming nervousness and fear of rejection or even potential hostility. The book is divided into three useful sections. Part one, "Kicking the Shyness Habit," explains how to change the way one talks to oneself, share interests, and display a sense of humor. Part two, "Speaking in Social Situations," discusses small talk, mingling at parties, hosting a get-together, making toasts, developing phone relationships, and avoiding "toxic conversations." Part three, "Speaking in Business Situations," suggests how to survive interviews, give a speech, negotiate, network, conduct meetings, and deal with difficult clients. It even recommends ways to make new business contacts on airplanes. This is a straightforward, practical guide for people who wants to learn to flex their communication muscles. *Patricia Hassler*

From the Inside Flap

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About the Author

Don Gabor is a communications trainer, frequent media guest, and the author of five books, including **How** to Start a Conversation

Users Review

From reader reviews:

Stan Whitley:

Book will be written, printed, or illustrated for everything. You can understand everything you want by a guide. Book has a different type. As we know that book is important point to bring us around the world. Next to that you can your reading skill was fluently. A guide Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-Up, and Speak Out in Any Social or Business S ituation will make you to end up being smarter. You can feel a lot more confidence if you can know about almost everything. But some of you think that will open or reading any book make you bored. It isn't make you fun. Why they could be thought like that? Have you trying to find best book or suitable book with you?

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