



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

By Don Gabor

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As much as "speaking in public" as it is about "public speaking," Talking with Confidence for the Painfully Shy can help even the most shy person speak up and speak out in any business or social situation.

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Editorial Review

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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 want to learn to flex their communication muscles. *Patricia Hassler*

From the Inside Flap

As much as it is about "speaking in public," Talking with Confidence for the Painfully Shy can help even the most shy person speak up and speak out in any business or social situation.

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 Situation 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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