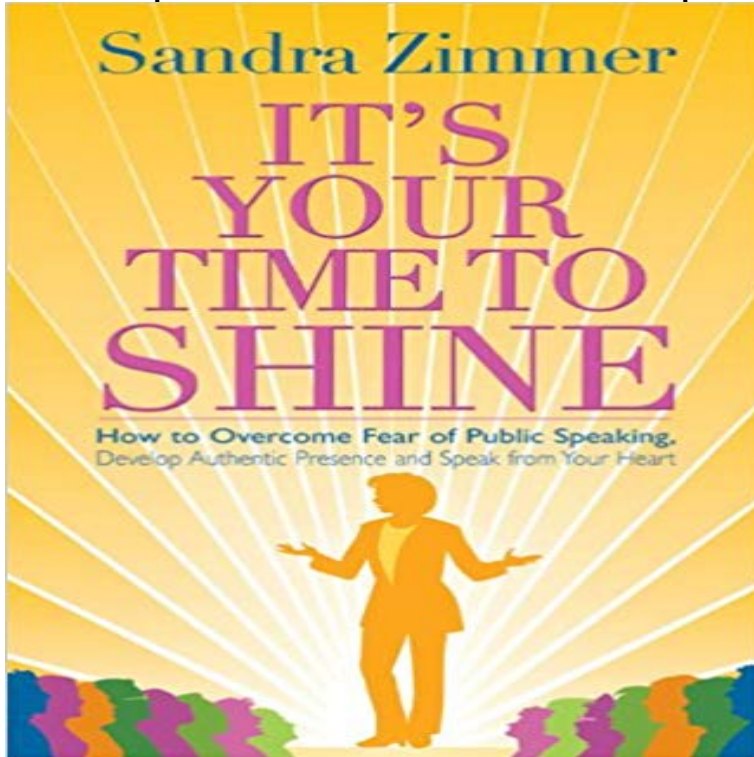


Its Your Time to Shine: How to Overcome Fear of Public Speaking, Develop Authentic Presence and Speak from Your Heart



If you experience fear of public speaking, you have the potential to shine as a compelling speaker, presenter or performer because you have strong feelings! Your feelings are up to the surface where they can be used to create a genuine emotional connection with listeners. This book sheds new light on the #1 fear. It gives you a new and positive way to think about yourself as a speaker, presenter or performer. It allows you to see stage fright and fear of public speaking, not as something wrong with you, but as a sign of your sensitivity which you can tap to help you speak from passion and make a difference in the world. In this book, Sandra Zimmer shares her proven Zimmer Method to transform stage fright into authentic presence and to develop a natural style of speaking. Even if you suffer from overwhelming stage fright, you will be surprised at how much the ideas in this book free you to be who you are in front of groups! You will learn an approach to speaking from your heart that makes it easier to share your ideas, insights and expertise to make a difference in the world. Simply by being yourself and sharing your stories, you will be able to capture attention, hold listeners spellbound and impress audiences in the way you have always dreamed of doing. Its Your Time to Shine will help you learn how to:

- * Understand what happens in your mind and body during stage fright.
- * Practice exercises to free the tension*
- * Become comfortable in your skin.
- * Develop an authentic presence that holds the attention of others
- * Make genuine connection by receiving attention from others as support*
- * Speak from your heart to be authentic with listeners
- * Craft compelling messages and talks that engage and inspire
- * Let yourself shine!

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