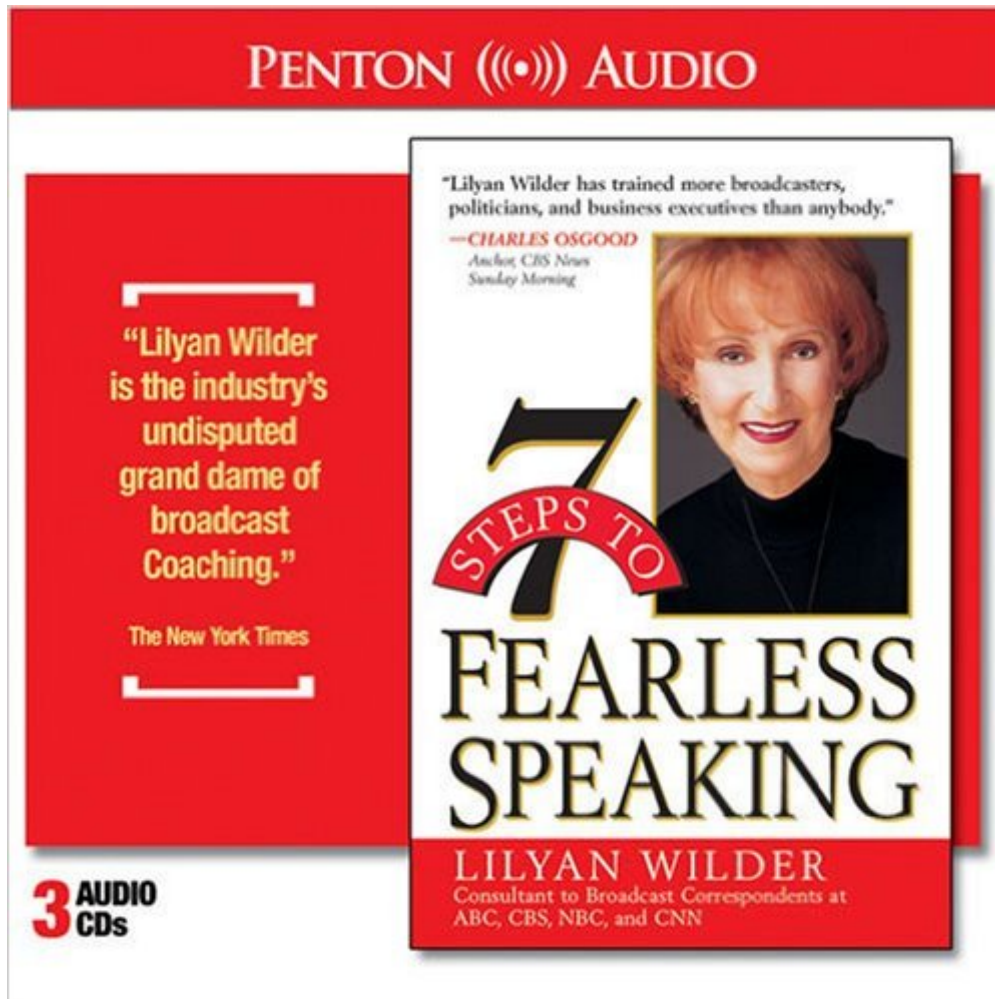


The book was found

# 7 Steps To Fearless Speaking (Wiley Audio)



## Synopsis

Lilyan Wilder is a communications consultant who has worked with the world's most notable public figures, broadcast correspondents at ABC, CBS, NBC and CNN, and many Fortune 500 companies. Her clients have included Oprah Winfrey, Charlie Rose, George Bush and many other famous names. *7 Steps to Fearless Speaking* will teach you how to cope with the panic, avoidance, and trauma of speaking as you give the gift of your convictions and experience your voice for the first time. Abridged.

## Book Information

Series: Wiley Audio

Audio CD

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Product Dimensions: 4.7 x 5.6 x 1.1 inches

Shipping Weight: 5 ounces

Average Customer Review: 3.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,822,756 in Books (See Top 100 in Books) #1317 in [Books > Books on CD > Business > General](#) #1402 in [Books > Business & Money > Skills > Running Meetings & Presentations](#) #3594 in [Books > Books on CD > General](#)

## Customer Reviews

The first few tracks of the audio CD does an excellent job of identifying all of the fears of public speaking, HOWEVER the majority of advice given in this book is theoretical. The book goes into stating the individual step (the theoretical help) then gives pseudo-testimonials of how her steps have been implemented by former students towards giving a great speech. There are seven primary steps, followed by several sub-steps. As you attempt to follow along you begin to forget what step you are on. I felt that the organization of the book was not effective and the advice given was based on theory. When it came down to it, there were only a few practical steps on getting over the fear. This book would be the equivalent to a book on Getting Rich which states "make wise investments that will only double your money" but neglecting to spell out what type of investments to make. I would not recommend this book as a way to overcome the fear of public speaking. Just my \$0.02.

Yes, the 7 steps can teach people in all types of careers and lifestyles to improve their oral communications skills but some of her methods are a bit "out there". For example: learning to focus on your voice as an instrument. The CD includes examples and anecdotes from Wilder's own work, and a number of exercises to help the reader implement the ideas set forth. If you're looking to overcome your fear of public speaking, join Toastmasters and skip this CD.

I thought this had a lot of good theory in it. It's not full o fcliche's or tricks. It's a solid fundamental resource. Easy to listen to on the Audio or CD version.

great book

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