



iConquer Speech Anxiety: A Workbook to Help You Overcome Your Nervousness about Public Speaking

Karen Kangas Dwyer PhD

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Does nervousness about public speaking overwhelm you? Have you tried to avoid public speaking most of your life? iConquer Speech Anxiety is a practical and comprehensive guide to help anyone overcome the nervousness and anxiety associated with public speaking. This workbook is user friendly, research based, and offers you a step-by-step plan to conquer your speech anxiety. The strategies, exercises, techniques, and examples will encourage you, give you confidence, and help you make speech anxiety a thing of the past. It has helped thousands overcome public speaking anxiety, and it will help you!

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