

Title:

Fear Of Public Speaking

Word Count:

251

Summary:

Learn to live your life without the pressures of fear, anxiety or phobia. Uncover articles and

Keywords:

fears, phobias, anxiety, panic, speaking, public speaking

Article Body:

Social Phobia is an irrational anxiety brought forth by exposure to certain social situations,

Specific Phobia is a persistent and irrational fear in response to some specific stimulus, which

Though it feels real, the fear of public speaking or Glossophobia is what psychologists call "fear

Unfortunately it is this "fear of the fear" which causes the problem to perpetuate, creating a

It is possible for a sufferer to change their attitude to public speaking and thus reduce their

For example, if you regard the thought that people might laugh at you to be an important factor

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