



## 7 Steps to Fearless Speaking

*Lilyan Wilder*

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"Lilyan Wilder has trained more broadcasters, politicians, and business executives than anybody." - Charles Osgood, Anchor, CBS News Sunday Morning.

When people say they'd rather die than address an audience, they're not kidding. Fear of public speaking has even topped death in some surveys. But now top communications consultant Lilyan Wilder offers some sound advice on how to overcome the crippling inhibition of public speaking. Her clients have included media icons Oprah Winfrey and Charlie Rose, former President George Bush, John Sculley, and Katharine Graham. 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 conviction and experience your voice for the first time.

"Lilyan Wilder is the industry's undisputed grand dame of broadcast coaching." -The New York Times.

"Lilyan Wilder understands how to make the essential connection between a speaker and an audience. In this book, she tells you how to do it as she has told so well to so many famous communicators." -Charlie Rose.

"7 Steps to Fearless Speaking has helped me to speak with persuasion and conviction....Follow Wilder's sage counsel, and you'll find your public speaking much improved and more rewarding." -Ivan Seidenberg, Chairman and CEO, Bell Atlantic.

"Lilyan Wilder is simply the best. I continue to use many of her exercises on a daily basis. They're wonderful." -Dr. Bob Arnot, Chief Medical Correspondent, NBC News.

"Lilyan Wilder is simply awesome, personally and professionally." -Maria Shriver, Correspondent, NBC News.

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