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*Karen Kangas Dwyer*

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## **Conquer Your Speech Anxiety: Learn How to Overcome Your Nervousness About Public Speaking (with CD-ROM and InfoTrac)** Karen Kangas Dwyer

CONQUER YOUR SPEECH ANXIETY provides students with a resource to help them understand their speech anxiety and develop a plan to overcome their fear of public speaking. By focusing on and applying the most recent communication anxiety research, this resource incorporates the finding that a combination of various techniques results in the greatest reduction of anxiety. The accompanying student CD-ROM contains audio relaxation exercises and techniques to help students conquer their anxiety.

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