



## Speaking with Confidence and Skill (Speech communication series)

*Lynne Kelly, Arden K. Watson*

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# **Speaking with Confidence and Skill (Speech communication series)**

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Convinced that public speaking fears outranked all other fears, the authors combined their years of teaching novice speakers to set forth their techniques for reducing apprehension and sharpening communication performance skills. The three basic techniques stressed are cognitive structuring (or attitude change), relaxation techniques and skills training. All of the topics addressed herein are intended for students in basic speech communication classes. Some of the topics are: the process of communication, assessing yourself as a communicator, improving attitudes and reducing apprehension, preparing and delivering a public speech, improving skills in group discussions as well as in all types of social relationships. First published by Harper and Row in 1986.



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