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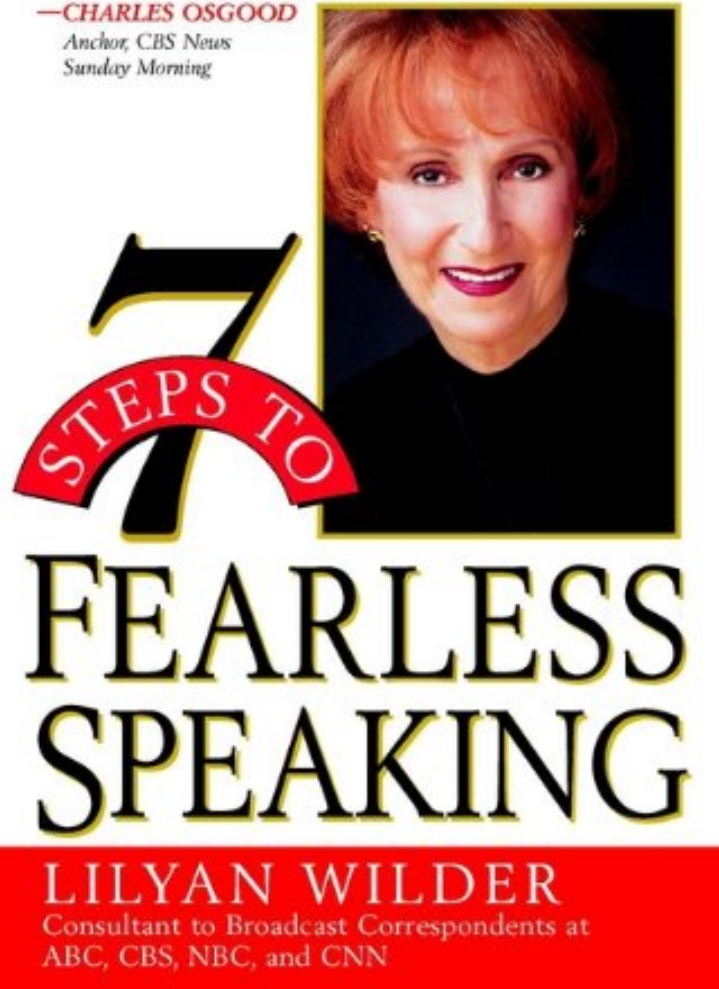
Lilyan Wilder


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"Lilyan Wilder has trained more broadcasters, politicians, and business executives than anybody."

—CHARLES OSGOOD

Anchor, CBS News
Sunday Morning



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Lilyan Wilder : 7 Steps to Fearless Speaking before purchasing it in order to gauge whether or not it would be worth my time, and all praised 7 Steps to Fearless Speaking:

0 of 0 people found the following review helpful. Great book on speakingBy Anna VorobyevaI've done a lot of business presentations in my career and I thought I am good enough. I didn't have fears anymore to stand up and speak in front of the audience. But when I started to read this book, I understood, that what I've done - it's only the beginning of WHAT you can achieve with your speaking. I would recommend this book for the beginners and for advanced speakers as well, there is so much to improve to sound more permissive, structured and professional. 0 of 0 people found the following review helpful. Four StarsBy D. DewhurstI found the book very useful and helped me fine tune by

speaking. 0 of 0 people found the following review helpful. Seems like outdated material
By Code Doll
Was asked to purchase it for a class. Seems like outdated material.

"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.

From Library Journal
Wilder, a veteran communications consultant and author of Talk Your Way to Success, arrives with her second book and an impressive list of clients, including Maria Shriver, Oprah Winfrey, and George Bush. Of the many titles available on public speaking, this is one of the better ones, offering concise, practical information. Since 45 percent of Americans are more afraid of public speaking than anything else, Wilder starts there, describing the five fears of public speaking. She then moves through the complications of vocalization and the need to get the audience involved. Some of the other subjects covered are creativity, persuasion, speaking with conviction, and preparation. Wilder even includes an emergency kit
An excellent outline for those without much time to prepare. The appendixes include a section on voice work, selected readings, and medical organizations for those truly traumatized by earlier life events. This title will be helpful to all and is recommended for public, academic, and health collections.
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From the Back Cover
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