



## Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-Up, and Speak Out in Any Social or Business Situation

By Don Gabor

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As much as "speaking in public" as it is about "public speaking," Talking with Confidence for the Painfully Shy can help even the most shy person speak up and speak out in any business or social situation.

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### **Editorial Review**

From [Booklist](#)

If 75 percent of all adults consider themselves to be shy in one or more social or business situations, this is the book that can help. Gabor shares techniques he has used in conversation workshops since 1980. The examples and exercises are intended to help victims of shyness build confidence while overcoming nervousness and fear of rejection or even potential hostility. The book is divided into three useful sections. Part one, "Kicking the Shyness Habit," explains how to change the way one talks to oneself, share interests, and display a sense of humor. Part two, "Speaking in Social Situations," discusses small talk, mingling at parties, hosting a get-together, making toasts, developing phone relationships, and avoiding "toxic conversations." Part three, "Speaking in Business Situations," suggests how to survive interviews, give a speech, negotiate, network, conduct meetings, and deal with difficult clients. It even recommends ways to make new business contacts on airplanes. This is a straightforward, practical guide for people who want to learn to flex their communication muscles. *Patricia Hassler*

From the Inside Flap

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About the Author

**Don Gabor** is a communications trainer, frequent media guest, and the author of five books, including **How to Start a Conversation**

### **Users Review**

**From reader reviews:**

**Emma O'Neill:**

Information is provisions for anyone to get better life, information today can get by anyone with everywhere. The information can be a information or any news even a problem. What people must be consider any time those information which is within the former life are challenging to be find than now could be taking seriously which one is acceptable to believe or which one the actual resource are convinced. If you have the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take *Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-Up, and Speak Out in Any Social or Business Situation* as the daily resource information.

**Tamara Evans:**

Often the book *Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-Up, and Speak Out in Any Social or Business Situation* has a lot info on it. So when you check out this book you can get a lot of help. The book was written by the very famous author. This articles author makes some research ahead of write this book. This particular book very easy to read you can find the point easily after reading this article book.

**Christopher Hickman:**

Are you kind of stressful person, only have 10 or 15 minute in your day to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are receiving problem with the book as compared to can satisfy your short time to read it because this time you only find reserve that need more time to be examine. Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-Up, and Speak Out in Any Social or Business S ituation can be your answer given it can be read by an individual who have those short spare time problems.

**Helen Hanson:**

As a student exactly feel bored in order to reading. If their teacher inquired them to go to the library or to make summary for some reserve, they are complained. Just tiny students that has reading's soul or real their hobby. They just do what the professor want, like asked to go to the library. They go to presently there but nothing reading really. Any students feel that reading through is not important, boring in addition to can't see colorful pictures on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore this Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-Up, and Speak Out in Any Social or Business S ituation can make you sense more interested to read.

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