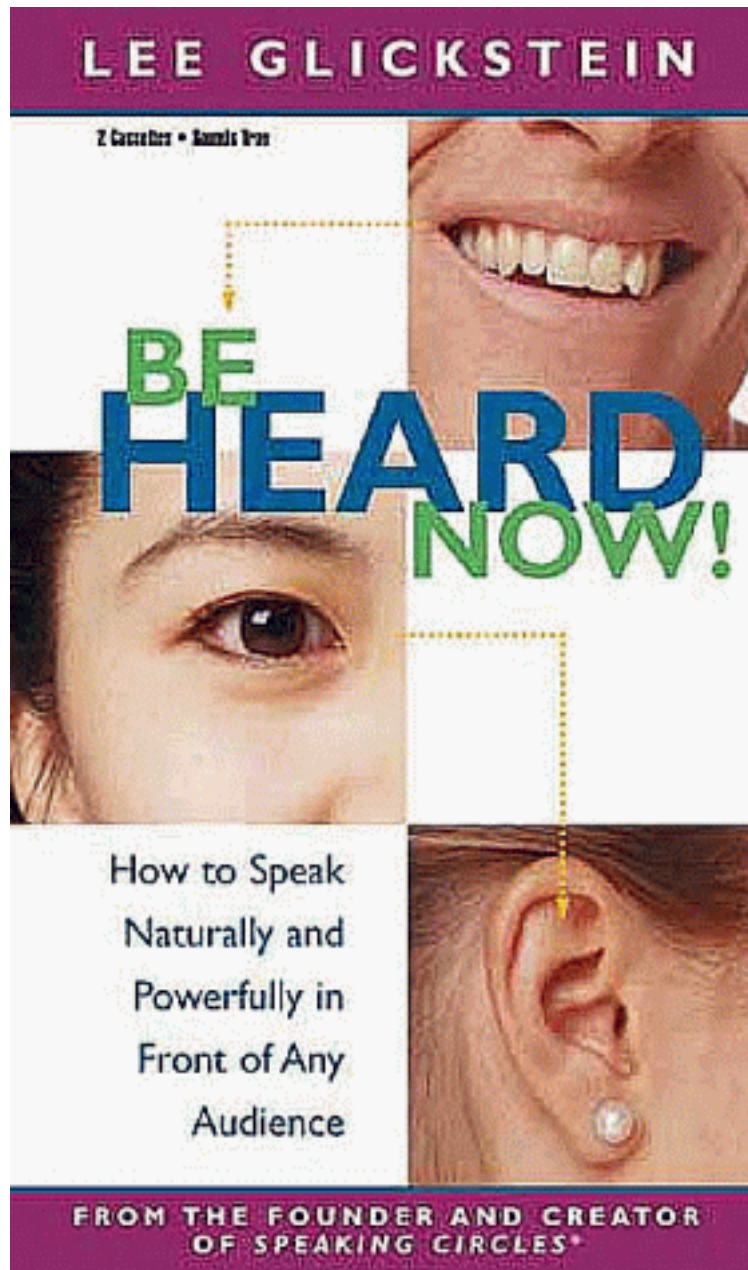


(Ebook pdf) Be Heard Now!

Be Heard Now!

Lee Glickstein

*audiobook / *ebooks / Download PDF / ePub / DOC*



[Download](#)

[Read Online](#)

#6382878 in Books 1998-10-01 Format: Audiobook Original language: English PDF # 2 .78 x 4.35 x 7.00L,
Running time: 3 Hours Binding: Audio Cassette | File size: 32.Mb

Lee Glickstein : Be Heard Now! before purchasing it in order to gage whether or not it would be worth my time, and all praised Be Heard Now!:

0 of 0 people found the following review helpful. A Breath of Fresh Air!By FThis book is therapeutic! It discusses public speaking from a new, refreshing, positive and encouraging lens. Glickstein's description of public speaking transforms the process into one that allows the reader to connect with themselves. He gives the reader permission to trust their intuition and speak from the heart and one's natural core. While it's nice to have books that offer information on how to structure a presentation, this book is necessary as a tool that demonstrates how speakers can tap internally and share the natural gift that's already inside of them. This book builds self-confidence and provides examples of others who struggle with public speaking. It felt like Glickstein knew me personally with the examples he shared and his openness with sharing his vulnerabilities. This is a must have for those who want lasting changes within their public speaking skills or speaking in public in general. It should be a book that is consistently used in public speaking classes...less of a show/performance and more of the real you!0 of 1 people found the following review helpful. Best Book on SpeakingBy Kindle CustomerI have been doing a lot of public speaking for more years than I want to sometimes admit. And, throughout all those years, I have read countless books in an effort to continually improve the quality of my speaking before large groups. This is the best book I have read on the subject. It really is that good!Now author Lee Glickstein is certainly not the first to advocate the importance of speaking from the heart and really connecting with one's audience. But, I believe he has gone further than others at showing how to connect...really connect with an audience.So many speaking books are long on manipulative techniques for engaging an audience and the unfortunate result is so many robot speakers, using all the "right" techniques but never really connecting with the audience.The brilliance of the author's work on speaking is his correlation that the fear that many experience in speaking is because of their innate fear of the manipulative techniques they perceive as needed to be a great speaker. As the author shows us, there is no fear in connecting in an authentic way.I can't believe that somehow this book did not find me ten years ago when it first came out. I was likely too busy perfecting techniques rather than being open to a different philosophy of speaking.I highly recommend this book. I am so grateful to a new friend for her strong recommendation of the book and of the companion Speaking Circles program.0 of 0 people found the following review helpful. The best book on public speaking I've ever readBy Charlie ClevelandI've read quite a few books on the subject of public speaking and have attended Toastmasters, and this is by far the most powerful tool I've found.If the thought of public speaking terrifies you, this book may completely "cure" you, or reduce your anxiety by 50% or more in MINUTES. I'm not kidding - some of the exercises in this book are so potent that I noticed a marked reduction in my anxiety level extremely quickly.Lee runs fantastic seminars ("speaking circles") out of his home as well, which I would also highly recommend. This is a powerful book not only for public speaking, but for your life.

Be Heard Now! Lee Glickstein Teaches you the same powerful skills Lee Glickstein has used to transform thousands of ordinary people into confident, effective public speakers. Includes a complete exercise for creating your own compelling talk.

From the Inside FlapAs followers of Lee Glickstein's popular seminars attest, effective public speaking isn't the result of being over-prepared or having a slick delivery. It's actually a creative, interactive process relying on the speaker's natural presence and willingness to be "in the moment." Now Glickstein shares his dramatically successful "transformational speaking" approach, showing that the key to successful public speaking lies in spiritual principles that emphasize self-realization and authenticity. Be Heard Now! teaches you how to: Heal your "inner speaker" and overcome your fear of exposureProject a genuine, personal presence to enhance your overall performanceDevelop a keen awareness of the audience and benefit from their responseUse humor and vulnerability to captivate your listenersApply four essential components to write a successful speech With Glickstein's compassionate, realistic approach, Be Heard Now! can help anyone become a confident, jitter-free public speaker whose ideas flow freely and persuasively. "From the Hardcover edition.About the AuthorLee Glickstein lived with excruciating stage fright for over 40 years before discovering the principles of Transformational Speaking, an entirely unique approach to public speaking that he developed and used to heal himself. He is the creator of Speaking Circles, an organization with hundreds of groups worldwide. Lee Glickstein is the author of Be Heard Now! Tap into Your Inner Speaker and Communicate with Ease (Broadway Books, 1998).Excerpt. Reprinted by permission. All rights reserved.From Agony to Ecstasy: Tapping into Your Own Natural Power"I physically shake in terror and am unable to communicate a point of view." "I am petrified, waiting for the audience to expect me to do badly." "I'm a polished, professional speaker, but I have a deeper message hidden away and I feel I'm turning my back on it." "Would you like to transform your agony over speaking in public to ecstasy, no more waiting?Speaking without fear is your birthright!Picture this:- You are asked to present a toast at your best friend's wedding. No problem. You'll look into the happy couple's eyes and tell them what's in your heart.- Tomorrow morning you're giving a three-minute pep talk to your sales team. You take five minutes to consider what you want to cover. Now you can't wait to get at 'em.- Tonight you are speaking to 150 people. Instead of being paralyzed with fear and anxiety, uncertain about the outcome--or compulsively overpreparing and rehearsing every word of your talk--you are looking forward to the evening!Do these scenarios sound impossible, or at least unrealistic? No longer. This is the essence of a new way to communicate based on relaxed, natural,

authentic human connections, and on accessing your genuine passion. Speaking from our heart lets us compel rapt attention every time we speak. Even inexperienced speakers with severe stage fright can gain heartfelt support and immediate trust in sales presentations and classrooms, at dinner tables, in corporate training--while giving a toast at a wedding or a keynote to ten thousand. Speaking can be fun! Easy, delightful, electric, cathartic, and fulfilling. You deserve not to have stage fright. And if you are already a polished speaker, you deserve to learn how to go beyond polish. You will never again have to memorize a speech. You can be a free, warm, happy speaker and captivate your audience every time. Everyone can give a talk without fear. Most people were taught to fear groups as a child. That dread will now disappear. Some of you have already suffered terribly in front of groups. Maybe you will recognize yourself in these real-life quotes:- "I'm an introvert, not a performer. In college speech class I threw up after every speech."- "When I speak to even a few people, fear of saying the wrong thing and looking stupid just overwhelms me."- "I'm so painfully self-conscious, my throat tightens up and I have trouble breathing."- "I have difficulty finishing even one sentence, let alone getting across what's in my heart." Some of you suffer from a different anguish:- "Shyness isn't my problem, nor do I have stage fright. But I hide behind a rhetorical speaking style, like a politician. I don't really reveal my heart. I have a deeper message hidden away, but I feel like I'm running scared." There is a new, easier way to enjoy talking to three people or to three thousand. This book tells how to do this. Simply, quickly. You can now be happy in front of people. You can now be yourself. In this book, you will discover:- How to get past public speaking myths: public speaking is not about performance. It is about expression of our authentic selves. Stage fright is not to be conquered and overcome. It must be honored and moved through. Critical feedback does not spur improvement. Positive feedback nurtures growth.- How to defuse your Inner Critic.- How to quickly be yourself--the key to compelling rapt attention.- Why humor is not about making people laugh. Humor is about letting people laugh!- Why being real is mesmerizing.- How to find your natural speaking style--one that has a deep impact on people.- How to listen while you speak. Why good listeners are good speakers.- How to have instant rapport--the four basic steps to connect with any audience.- How to go from being charisma-impaired to vibrantly vulnerable.- How to turn nervousness into--nirvana!- How to quickly and easily prepare a talk that opens minds and reaches hearts. From Charisma-Impaired to Vibrantly Vulnerable I grew up "charisma-impaired" and developed these principles and practices from my own desperate need to overcome the world's worst stage fright. The very first public talk of my life was a disaster. It was my bar mitzvah speech. Bar mitzvah is the ceremony at which a Jewish boy comes of age--but at thirteen, puberty for me was still just a rumor. I uttered the traditional opening line, spoken by Jewish boys throughout the ages: "Today I am a man." Only instead of the assertive adult voice I was trying for, the line came out in a squeaky soprano! It brought down the house, and I was so embarrassed that I didn't speak again in public for twenty-five years. In 1974 I moved to California and became deeply involved in the human potential movement. Many of us "potential humans" were exploring our inner selves with Werner Erhard, Ram Dass, encounter groups, sensitivity training, and every other psychospiritual fad that came down the pike. I avidly aspired to "become a person," though to paraphrase a Lily Tomlin line, I later wondered if maybe I should have been more specific. But I was also exploring stand-up comedy and public speaking. Putting my feet directly into the fire seemed the only way I'd ever get through stage fright, a fright that felt more like winged bats than "butterflies in my stomach." More than a decade before Tony Robbins had his followers walking on hot coals, I trod scorching stages as a way of dealing with my excruciating shyness. It helped, but not enough: I was still shy, but now I could almost survive being shy in front of many people instead of just two or three. I transformed my hidden insecurity into public insecurity. My bats were beginning to fly in formation. My performance hysteria had subsided into anxiety. Clearly, there was more to learn. Unlike some aspiring speakers, I was constitutionally incapable of covering up my nervousness and insecurity with the techniques or posturing that serve as a crutch for "Outer Speakers," my term for those who hide their true selves, who speak to the audience, not to individuals--who put on an external show as camouflage to disguise the true self, the wonderful Inner Speaker. Frankly, such tricks made me more self-conscious and uncomfortable as I struggled with acting "lessons" and gimmicks billed as "surefire" audience turn-ons. My apparent liability, however, held the key to everything I now know about public presentation. I experimented with processes that might help me--and would later help the clients I coached in presentation skills. One day I asked myself what would happen if I didn't try to cover up my discomfort, didn't pretend I wasn't tongue-tied, didn't talk faster and faster to avoid the silences, didn't memorize every word for fear of drawing a blank? I had no way of knowing whether this utter lack of presentation would work. At first I found the thought of a more natural approach unnatural! But I wanted to test out my theories (or hunches, really) to see if they worked. I decided to get a few people together--and have each of us take a turn standing in front of the group, being exactly who we were in that moment. We could do whatever we wanted for five minutes--talk, sing, recite poetry, or just stand in silence.