



# Butterflies In Formation: A Practical Approach To Managing Performance Anxiety

*Hannah La Joy Johnston*

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In Butterflies In Formation: A Practical Approach to Managing Performance Anxiety, speech instructor Hannah La Joy Johnston shares simple, proven techniques for conquering your fear of public speaking. She has taught and helped over a thousand college and high school students become more confident speakers and now shares her secrets with you. Each chapter in this rapid read is filled with first-hand experiences and true stories to help you identify and overcome your anxiety, improve your memory, regulate your busy schedule, and help you become more engaging and relaxed in any speaking situation. Don't let that nervous feeling of butterflies scare you; instead, learn how to make them work for you—make them fly in formation!

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