



*Are holiday parties  
fun for you...*



*until you  
have to give  
the toast ?*





My first specialty in psychiatry was treating people with anxiety disorders. Over time, we expanded our work to include many subtypes of anxiety. When we took on helping people with extreme fear of public speaking, we discovered something that stood out: our success rate was higher with extreme fear of public speaking than with any of the other anxiety categories we treated. On a personal level, there's something very gratifying when you put energy into helping people overcome something that has had such a big blocking effect on their lives—and so many get appreciably and rapidly better.

*Dr. David Charney, Psychiatrist*

The co-founders of Stagefright Survival School want to help you overcome your fear of public speaking...so that next year, you'll want to give that toast.

Most people are more afraid of public speaking than anything else. Fear of public speaking consistently outpolls the fear of disease, loss of a loved one, and even fear of death itself. I suffered from extreme fear of stagefright for most of my life. I specifically remember standing before an audience to give an important speech. I began my speech, but got out no more than a few words. I was frozen with fear. I felt utterly disgraced. Now, I'm working to help people who experience the same fears I did.

*Burton Jay Rubin, Attorney and stagefright survivor*



*Stagefright Survival School is planning its official relaunch in January 2007. Discover how the program can help you.*  
*Visit [www.stagefrightsurvivalschool.com](http://www.stagefrightsurvivalschool.com)*