



Presence, Confidence and Personal Power (Paperback)

By Meribeth Dayme Phd

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your personal power and presence are vital parts of your communication. When you have the tools for developing these aspects of yourself, confidence follows. This is a book full of practical, easy to use, advice and exercises to help you become better at being yourself. Using concepts developed over years in the performing arts, Eastern and Western traditions, studies in consciousness, and business, Meribeth has shared many facets of the art of communication. Topics covered include: physical balance, image, attitudes, dealing with criticism, listening skills, and how to maintain your personal power and confidence in a variety of situations. Your ability to communicate personally and in public will never be the same after reading this book.



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