

"If you are serious about not letting stage fright keep you from your dreams, this is the book to read. Janet Esposito has a unique talent for blending some of the most practical advice I have ever heard with what I can only describe as genuine wisdom. She is a teacher of the highest caliber."

- **Thom Rutledge**, author of *Embracing Fear: How to Turn What Scares Us Into Our Greatest Gift*

Getting Over Stage Fright is a great sequel to Janet's first book, *In The Spotlight*. It deepens and expands upon her earlier work to guide the reader on a journey of personal growth and development...This book will surely help anyone who suffers from the fear of public speaking and performing, as well as many others who struggle with any kind of fear and anxiety."

- **Edmund J. Bourne, Ph.D.**, author of *The Anxiety & Phobia Workbook*

"Janet Esposito's knowledge of the treatment of performance and social anxiety are exceptional. She is clearly an expert in this field. Her newest book, *Getting Over Stage Fright*, really delivers on what the title promises. This book offers readers a fresh, new perspective on how to overcome stage fright and use fear as a catalyst to personal growth and transformation. I recommend this book wholeheartedly..."

- **Mary Guardino**, Founder/Executive Director, Freedom From Fear

"*Getting Over Stage Fright* is a brilliant book that shows Janet Esposito's depth of experience and expertise in the area of public speaking and performing fear. Janet takes a fresh new approach to the problem of performance anxiety. She skillfully helps the reader to work through their fear and to gain a level of mastery and personal growth that goes well beyond what traditional approaches have offered."

- **Moe Abdou**, Founder, Learn from My Life

"My colleague Janet Esposito has written an extraordinary book at a time when we need it most. If ...you are not speaking or presenting due to stage fright, listen to me-buy this book, now. The world needs to hear you and *Getting Over Stage Fright* will show you how easy it can be."

- **Dianne Legro**, international speaker, author, top speaking coach Founder, Speaking Success Today

"... In her latest book, Janet Esposito shows you how to use your mind, body, and spirit to work with, rather than against, your fear of public speaking. This holistic guide will serve as your ally and coach, helping you transform into a speaker who thrives in the spotlight."

- **Larina Kase**, author of *The Confident Leader: How the Most Successful People Go from Effective to Exceptional*, and the New York Times bestseller *The Confident Speaker*

"...A great solution for anyone who has even the slightest fear of public speaking is Janet Esposito's book *Getting Over Stage Fright*. A great compliment to her first book, *In the Spotlight*, Janet goes deeper into the process of what it takes to deliver a stellar presentation. *Getting Over Stage Fright* is perfect for anyone who wants to overcome their fear once and for all...I highly recommend this book."

- **Kathleen Gage**, The Street Smarts Marketer™, Internet marketing advisor