



Mind-Body Communication Technique: An Alternative Way of Learning & Teaching Confidence in Public Speaking

Carmencita P. Del Villar

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The Mind-Body Communication Technique aims to answer anybody's need to conquer speaking anxiety and develop confidence. It is the result of years of successful experimentations with nontraditional techniques in the classrooms of the University of the Philippines.

The book shows step-by-step procedures that can be used in oral communication classes. These techniques are not only applicable in speech classes but also in the fields of acting, broadcasting, music, dance, sports, marketing, or even simple relaxation. For a trainer's reference, the text also includes the results obtained from the quantitative and qualitative tests conducted.

The book is also designed to be a self-help guide. By recording and listening to the exercises, one can experience significant improvements in self-confidence.

For answers to your questions, please contact the author at cpdelvillar@up.edu.ph or cpdelvillar@gmail.com.



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