



# Carole Weaver, PhD

Motivational Speaker | Author | Cancer Survivor



**Finest Art Transports.**  
**welti-furrer**





The 12th Annual Women's Golf Classic: priceless

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Three anatomical hearts are shown side-by-side against a white background. The heart on the left is a pale, yellowish-tan color. The heart in the middle is a dark, almost blackish-brown color. The heart on the right is a deep, rich red color. Each heart is shown from a similar perspective, highlighting its complex structure and major vessels.

**WHITE**

**BLACK**

**YELLOW**

UNITED COLORS  
OF BENETTON.



**NIVEA**  
*night*



Your amusement or **my life**



Don't destroy their life for your pleasure





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# Mental, Physical, Behavioral, and Chemical Remedies for Nervousness

Managing your energy will help you manage the fear you have about making speeches or presentations. Fear fixes fall into three major categories: mental, physical, and behavioral. There are a few chemical remedies as well. You can control your nervousness by using one or several of the following techniques.

## Mental

Visualization  
Meditation  
Affirmations  
Self-crediting  
Love the audience  
Phobia fix  
Soothing music

## Physical

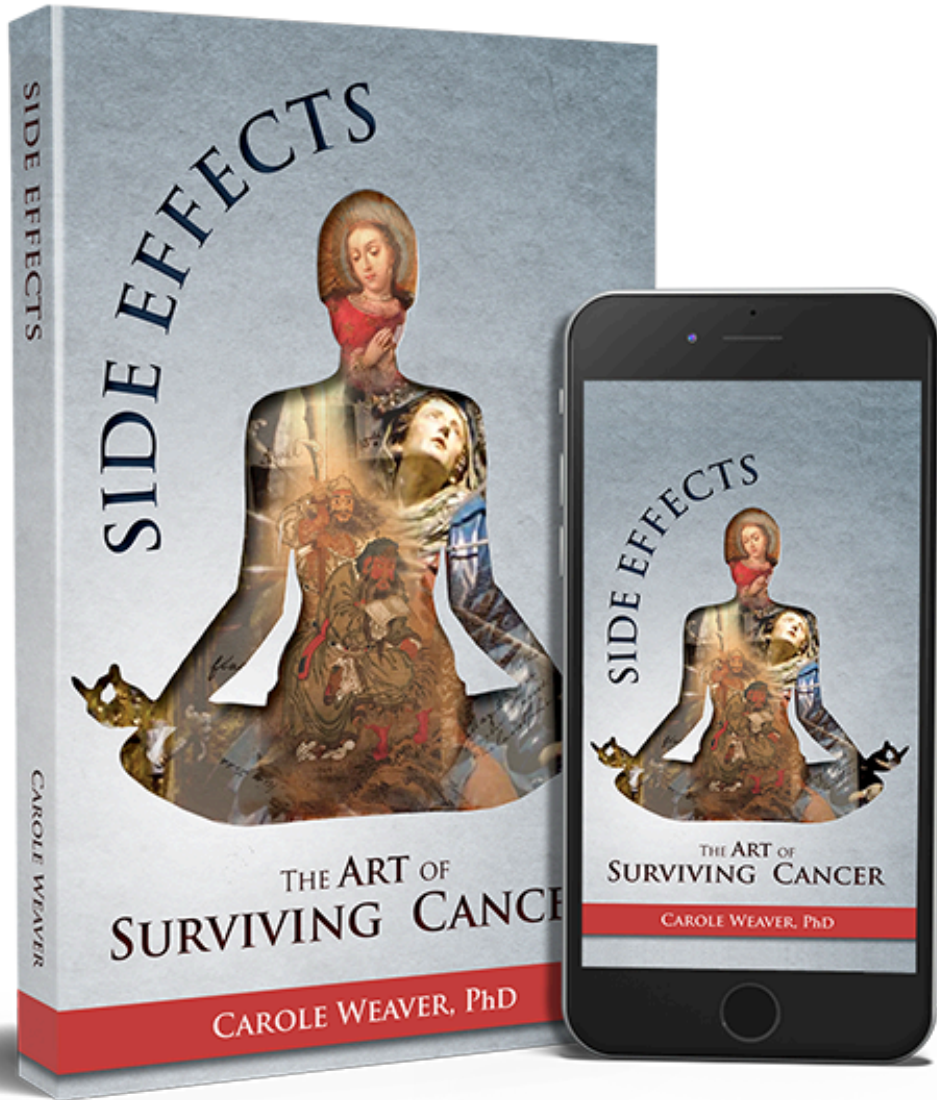
Breathing  
Yoga  
Acupressure  
Exercise  
Work the room  
Eye contact  
Gesturing  
Pausing  
Smiling  
Yawning  
Setting an anchor  
EFT

## Behavioral

Rehearsal  
Interaction  
Passion  
Acting  
Meet the audience  
Visual aids  
Partnering  
Support group  
Emulate top speakers  
Do your homework

## Chemical

Diet  
Rescue Remedy  
Valerian root



**Side Effects: The Art of  
Surviving Cancer**  
Carole Weaver, PhD

available at  
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**amazon**  
kindle

[caroleweaverlisner.com](http://caroleweaverlisner.com)



Thank you.

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