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**Step 1 - panic-free public speaking**  
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By Laurie Smale. Author Laurie Smale. How to Take the Panic Out of Public Speaking 2nd Edition. Format Paperback. At The Nile, if you're looking for it, we've got it. Publication Date 2020-08-08. ISBN-13 9781922391186.

**How to Take the Panic Out of Public Speaking 2nd Edition ...**  
If you can't overcome your fear with practice alone, consider seeking professional help. Cognitive behavioral therapy is a skills-based approach that can be a successful treatment for reducing fear of public speaking. As another option, your doctor may prescribe a calming medication that you take before public speaking.

**Fear of public speaking: How can I overcome it? - Mayo Clinic**  
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