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Titolo	Beyond stammering [[electronic resource] ] : the McGuire programme for getting good at the sport of speaking / / Dave McGuire
Pubbl/distr/stampa	London, : Souvenir Press, 2008
ISBN	0-285-63908-0 0-285-63906-4
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (193 p.)
Disciplina	616.85/54 616.855406
Soggetti	Stuttering - Treatment Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	pt. 1. How to get it -- pt. 2. How to keep it -- pt. 3. Stories from graduates.
Sommario/riassunto	Combining mental strategies with breathing techniques, this book explains the McGuire Program, a proven technique for long-term improvement in speech and self-confidence for those who suffer from stammering. Developed through the author's own struggles, readers learn to alter breathing patterns while incorporating mental strategies to maintain fluent speech. This complete program quickly and dramatically improves verbal fluency while the sufferer gains self-esteem, from learning to control the physical and mental aspects of dysfunctional breathing.</di