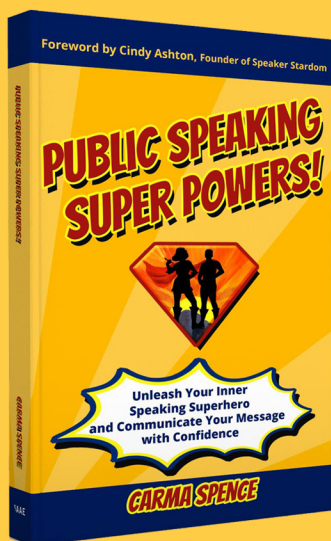


INFORMATION SHEET



BOOK INFO

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SPEAKING STATISTICS

- 7% of individuals in the U.S. suffer from the fear of public speaking. That's approximately 27 million Americans.
- It is the #1 phobia, accounting for 19% of all phobias. It is followed by death, spiders and darkness.
- People with a fear of speaking can be paid 10% less than those without it.
- Fear of speaking can reduce your chances of graduating from college by 10%.
- Fear of speaking can reduce your chances of getting into a professional or managerial position by 15%.
- Only 8% of people with a fear of speaking seek professional help, despite the negative effect on their life and career.
- Females (8%) are more likely to suffer from a fear of public speaking than males (6%).