



Stammering: Advice for All Ages (Paperback)

By Renee Byrne, Louise Wright

SPCK Publishing, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. Stammering affects around 450,000 adults and 18,000 children in the UK. In its mild forms, stammering, or stuttering, makes communication difficult; in the severer forms it makes it impossible, affecting in social, educational and work life. This book offers simple, jargon-free ways people who had resigned themselves to a life limited by stammering, with a wealth of practical exercises. As well as information about fluency techniques, it includes methods for dealing with the underlying anxiety that can make or break attempts to overcome stammering. The topics covered include: Thoughts and beliefs - questionnaires to help define feelings about stammering. It includes the mechanics of speech and stuttering - the speech mechanism and vocal cords; how speech sounds are made; psychological effects on speech; and, habit factors. It covers different types of therapy - eg, fluency shaping techniques, modification therapies; emotional and practical requirements for success; and, characteristics of those who succeed. It offers other help - counseling; hypnosis; social skills training; speaking circles. The topics also include anxiety, relaxation and other self-help suggestions, and techniques for children, teenagers and adults.



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Reviews

This book is very gripping and exciting. I was able to comprehend everything out of this written publication. You will not truly feel monotony at any time of your respective time (that's what catalogs are for concerning should you question me).

-- **Eulalia Schamberger**

This pdf can be worthy of a read through, and superior to other. It generally does not expense excessive. Its been printed in an exceptionally simple way and it is just soon after i finished reading this ebook in which in fact modified me, change the way i really believe.

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