

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Don't Panic If You Forget**

**By Ron Sathoff**

**Don't Panic If You Forget by Ron Sathoff**

One of the worst fears that public speakers have is that they will forget their speech. I'm sure none of us would want to feel the embarrassment of standing in front of an audience not knowing what to say next.

If you do happen to experience a "memory blank" in your speech, there are some things that you should keep in mind. First, DON'T PANIC! The worst thing you can do is to get upset and immediately start apologizing to the audience or going "UM UM UM" over and over again.

Instead of panicking, just remain quiet, keep eye contact with the audience, and try to remember what it was that you were going to say. What may seem an eternity to you will only be a second or two to the audience, and your loss of memory will only seem like a pause to them — as long as you don't announce that you've made a mistake.

To prevent embarrassment, you should also to always have a back up to your memory — a few notecards with a simple outline of your speech is always nice to have, even if it remains in your pocket the whole time.

Finally, remember that audiences are usually more forgiving than we normally give them credit for. Most groups don't care if you have to stop to take a look at your notes, as long as you provide them with good information.

Ron Sathoff, manager of <http://InternetWriters.com>, offers a fullrange of services to business and professional speakers,including speech writing and editing, personal coaching, andpresentation development. You can reach him at [ron@drnunley.com](mailto:ron@drnunley.com) or 801-328-9006.

## **Is What You Feel A Panic Attack?**

**By Kelly Gillis**

Your heart pounds, your palms sweat, you start shaking, you get short of breath. You experience a fear that seems overwhelming that came absolutely out of nowhere, and for no reason. You could have been driving your car, or awakened out of sleep, or at your desk performing your daily routine at your job. Perhaps it's the first time it's happened, perhaps not. If it's not you probably know that you aren't going to die, but you feel like it. If it's the first time you are scared to death.

No one really knows what causes a panic attack to come on. Some medical professionals say that they can be related to heredity, some say to stress. Some say if you have a history of other mental disorders, such as depression or some phobias you are more likely to experience panic attacks. Know that you are not alone. It is estimated that one out of three adults will suffer a panic attack in their lifetime.

Some professionals have broken down panic attacks into three distinct types, spontaneous, specific and situational. A spontaneous panic attack would be as suggested by its name, one that happens unexpectedly. Panic attacks called specific are brought on, as also suggested by it's name by specific repeated situations, and situational panic attacks may come while doing a certain type of activity, such as riding a bike, even though there is no panic or fright involved with the activity.

Some people suffer from a panic attack only once. These may be panic attacks which are brought on by major life stresses and ease after the stress is eliminated. Some suffer from repeated panic attacks. The type of help you seek for panic attacks and the type of help you are given by medical professionals will be based on how many panic attacks you suffer from. Some health care professionals and organizations seek to treat people who suffer from infrequent panic attacks with a step program, similar to that used with alcoholics anonymous. Some medical professionals will treat more severe and recurrent panic attacks with medication. Generally patients who suffer from repeated panic attacks will benefit by being referred to a phychologist or psychiatrist for counseling.

To learn more about panic attacks

please visit

Don't Panic If You Forget



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**