



## Stammering: Advice for All Ages

By Renee Byrne, Louise Wright

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Stammering: Advice for All Ages, Renee Byrne, Louise Wright, 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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