

SAY BYE BYE to Stage Fright with Carmela Valente



Carmela Valente is the special guest at the Cergy FNAC bookstore today at 3 PM for her new book signing. She will give the public some of her tools to overcome stress. DR

Does the idea of speaking in public worries you ? Carmela Valente has the solution and will be at the Cergy's FNAC bookstore today from 3P to present her book "Bye Bye Stage Fright". I will give you great advices, promises the author, at the approach of exams, it can be very useful for students.

Actress and director during almost 30 years, Carmela Valente learned how to get rid of the paralysing shyness of her debuts.

"I felt so nervous to act on stage in front of a public that I forgot essential accessories and I could'nt stop shaking". Since about twenty years, the artist coaches business managers, sellers, students and any person who wants to gain confidence before a decisive oral.

Ju.M.

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