

BREAKING THE SILENCE

Overcoming Speaking Anxiety
and Building Confident
English Communication
in EFL Classrooms

Communication is more than the ability to choose the right words. It is also about having the courage to express ideas, respond to others, and make ourselves heard. For many learners, however, speaking can become a difficult experience. They may understand what they want to say but remain silent because they are afraid of making mistakes, being judged, or not being good enough.

This book "Breaking the Silence: Overcoming Speaking Anxiety and Building Self-Confidence for Confident Communication" was written to help readers understand this experience and take gradual steps toward overcoming it.

Speaking anxiety is not simply a language problem. It can involve fear, self-doubt, overthinking, embarrassment, lack of confidence, and the feeling of being observed by others. In the classroom, these experiences may prevent learners from participating even when they understand the lesson. The book therefore approaches speaking anxiety not only from the perspective of language learning but also from the perspective of personal growth and self-development.

Breaking the silence is a journey.
It starts with one small step.
One sentence. One attempt.
You don't need perfect English.
You just need the courage to speak.
Once you start using it,
everything begins to change.



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SELF-IMPROVEMENT

ISBN 978-634-05-6021-3



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