

Public Speaking a Weakness?

Justin is a 31 year old executive working for a large pharmaceutical company. He leads a normal life. He has a good boss who keeps him busy and appreciates his hard work. His coworkers like him because he's always willing to help. He likes to party every weekend, and usually has a great time with his friends. He is always seeking new ways to challenge himself.

Justin's only fear is speaking in front of a large audience. His job demands regular presentations for new recruits, managers and even clients.

He usually feels the nervousness creep in the day before his big presentation. His heart beats faster and he's unable to concentrate. He is easily irritated and even loses his appetite.

Although Justin is always thoroughly prepared for any questions his audience might ask, he cannot sleep the night before a presentation. He spends the night thinking about all the things that could go wrong. What if he forgets something? What if he ends up making a fool of himself before everyone? What if people say that his presentation was lousy? What if he can't answer a simple question? As a result, Justin is completely exhausted by morning from staying up all night.

Nothing seems to help. He begins to feel his heart beat loudly, his hands get clammy and start to tremble. He tries to put up a confident exterior and repeats encouraging words to himself, but nothing helps. By the time it's his turn to speak, he's a nervous wreck. He stutters and stumbles at the opening, and worries what the audience thinks about him. Halfway through the presentation, he notices people talking amongst themselves and he loses his train of thought. He begins to focus on the people around him instead of his presentation, and draws a complete blank.

After the presentation, he spends the entire day brooding about it. He knows that he represented himself poorly and buckled under pressure – nervous tension got him again.

Has this ever happened to you? Do you feel nervous tension is a barrier to you reaching your true potential? Stress expresses itself in many forms. Nervous tension may be described as a short-term stress response that is a psychological state of being uneasy, easily agitated or distressed, most commonly prior to and during acute stressful situations/events that are challenging, intimidating, or emotionally taxing. The effects of nervous tension usually end when the stressful event ends. Nervous tension is characterized by physical signs such as rapid heartbeats and perspiration which cause a feeling of loss of control over ones actions.

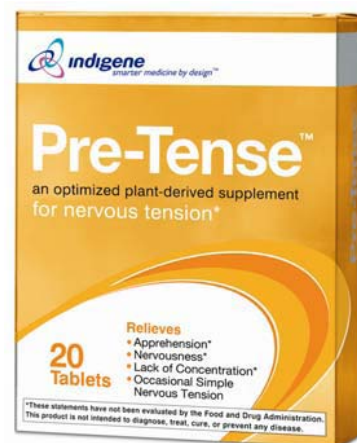
Now there is something that can help you calm down before you experience all those symptoms of nervous tension*.

Pre-Tense® is a natural supplement designed to address simple occasional nervous tension and its related symptoms – apprehension, nervousness and lack of concentration. It is a proprietary blend of four ingredients, each in a specific amount that work together to manage the symptoms of occasional nervous tension*.

Pre-Tense can be taken prior to or during an acute stress episode, event, or situation that may make you feel nervous*. Adults should take one tablet up to three times a day with a glass of water on an as needed basis.

Pre-Tense is safe, non-addictive and now available in the Vitamin and Supplements aisle at the drug stores listed below.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, mitigate or prevent any disease.