

Content

Introduction

1. What is fear of failure?
2. RET
3. Relaxation and visualisations
4. The mental block
5. Expectations
6. Procrastination
7. Perfectionism
8. Presenting
9. Stage fright
10. Exam stress
11. Communication
12. The Scissors
13. Motivation
14. Concentration
15. Giftedness
16. Success
17. Reactions

Inspiration sources