

Early Childhood Oral Health

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Insights into Various Aspects of Oral Health
Pediatric Dentistry - E-Book
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What to Do for Healthy Teeth
The Impact of Nutrition and Diet on Oral Health
Integrating Oral and General Health Through Health Literacy Practices
Handbook of Life Course Health Development

Closing the Gap in a Generation

In 2000, the US Surgeon General announced that dental caries is a "silent epidemic" and the most prevalent disease affecting children. Though much has been written on the science and practice of managing this disease, publications are diverse in their loci preventing easy access to the reader. Early Childhood Oral Health coalesces all important information related to this important topic in a comprehensive reference for students, academics, and practitioners. In addition to the latest information about preventing childhood caries, other topics include public health approaches to managing caries worldwide, implementation of new prevention programs, fluoride regimens, and new technologies in caries risk assessment. A must-read for pediatric dentists, cariologists, public health dentists, and students in these fields, Early Childhood Oral Health is also relevant for pediatricians and pediatric nursing specialists worldwide.

Insights into Various Aspects of Oral Health

Pediatric Dentistry - E-Book

A searing novel of social realism, Upton Sinclair's *The Jungle* follows the fortunes of Jurgis Rudkus, an immigrant who finds in the stockyards of turn-of-the-century Chicago a ruthless system that degrades and impoverishes him, and an industry whose filthy practices contaminate the meat it processes. From the stench of the killing-beds to the horrors of the fertilizer-works, the appalling conditions in which Jurgis works are described in intense detail by an author bent on social reform. So powerful was the book's message that it caught the eye of President Theodore Roosevelt and led to changes to the food hygiene laws. In his Introduction to this new edition, Russ Castronovo highlights the aesthetic concerns that were central to Sinclair's aspirations, examining the relationship between history and historical fiction, and between the documentary impulse and literary narrative. As he examines the book's disputed status as novel (it is propaganda or literature?), he reveals why Sinclair's message-driven fiction has relevance to literary and historical matters today, now more than a hundred years after the novel first appeared in print.

The Tooth Book

Oral health disparities are profound worldwide, and they affect the quality of life of individuals of all age groups. Disparities in oral health are seen in racial and ethnic minorities, at different socioeconomic levels and due to differences in environment and cultural factors. Several determinants of oral health have been identified at the population, community, family and individual levels. These determinants represent a complex interplay of the social, biological, cultural and economic factors that in turn affect the oral health behaviors, environmental exposures, health care utilization. To date, biological factors related to oral diseases have received much attention in oral health research; whilst social and cultural determinants have just started to receive recognition for their role in oral disease development and progression. This research highlights that interventions designed to reduce disparities should adopt a multi-level approach in order to identify the modifiable mechanisms and target all determinants of oral health disparities. In this Research Topic, we will focus on the role of social, environmental and cultural factors in the development and progression of oral diseases, their role in oral health disparities and interventions focusing on these factors to improve oral health and reduce disparities.

Dental Caries

Chronic inflammation such as seen in periodontitis and its bidirectional influence on the systemic health has been of increased interest for a decade. In this text book, we have explored the biological and genetic pathways by which periodontal diseases may influence these disease processes and vice versa. Occlusal rehabilitation using the MEAW technique for the effective treatment of class II deep bite malocclusion and the timely management of cleft lip and palate to benefit the holistic welfare of the patient are presented here. The book addresses the development of bioinspired functionally graded dental restorative materials and also a simulation method that can improve clinical durability and

enhance the functional capability of the dentition and indirect prostheses. In conclusion, various pathways for the promotion of oral health with evidence-based concepts are considered.

The Scientific Basis of Oral Health Education

Though it is highly preventable, tooth decay is a common chronic disease both in the United States and worldwide. Evidence shows that decay and other oral diseases may be associated with adverse pregnancy outcomes, respiratory disease, cardiovascular disease, and diabetes. However, individuals and many health care professionals remain unaware of the risk factors and preventive approaches for many oral diseases. They do not fully appreciate how oral health affects overall health and well-being. In *Advancing Oral Health in America*, the Institute of Medicine (IOM) highlights the vital role that the Department of Health and Human Services (HHS) can play in improving oral health and oral health care in the United States. The IOM recommends that HHS design an oral health initiative which has clearly articulated goals, is coordinated effectively, adequately funded and has high-level accountability. In addition, the IOM stresses three key areas needed for successfully maintaining oral health as a priority issue: strong leadership, sustained interest, and the involvement of multiple stakeholders from both the public and private sectors. *Advancing Oral Health in America* provides practical recommendations that the Department of Health and Human Services can use to improve oral health care in America. The report will serve as a vital resource for federal health agencies, health care professionals, policy makers, researchers, and public and private health organizations.

Health Problems in Down Syndrome

Improving Access to Oral Health Care for Vulnerable and Underserved Populations

Social justice is a matter of life and death. It affects the way people live, their consequent chance of illness, and their risk of premature death. We watch in wonder as life expectancy and good health continue to increase in parts of the world and in alarm as they fail to improve in others.

A Life Course Perspective on Health Trajectories and Transitions

This book provides information to the readers starting with the history of oral hygiene manners, and modern oral hygiene practices. It continues with the prevalence and etiology of caries and remedy of caries through natural sources. Etiology of secondary caries in prosthetic restorations and the relationship between orthodontic treatment and caries is addressed. An

update of early childhood caries is presented. The use of visual-tactile method, radiography and fluorescence in caries detection is given. The book finishes with methods used for the prevention of white spot lesions and management of caries.

Early Childhood Oral Health

From the author/illustrator of *The Scrambled States of America*, here is Laurie Keller's fun-filled introduction to teeth. "Before the principal's announcements, will you all please stand and recite our pledge: 'I pledge allegiance to this mouth and to the dentist who takes care of us. And to the gums on which we stand, strong and healthy, with toothbrushes and toothpaste for all.'" In *Open Wide*, it's time for tooth school and Dr. Flossman is excited to meet the incoming class of 32--eight incisors, four canines, eight premolars, and twelve molars, including the four wisdom teeth. There's just so much to learn--from brushing and flossing to dentin and pulp to every student's nightmare: tooth decay! Best read with a toothbrush in hand, this hilarious book is full of interesting facts (for instance, George Washington's teeth were not made of wood, despite popular belief) and a classroom full of quirky characters. Young readers will laugh their way to a better appreciation for those pearly whites that beckon them to brush. And from there it's just a short hop to flossing. This title has Common Core connections.

A Compendium on Oral Health of Children Around the World

On his first trip to the dentist, Charley gets lots of moral support from Maisy and friends in a full-length story readers will be eager to sink their teeth into. (Age 2-5). Maisy's friend Charley has a wobbly tooth! He's going to the dentist for the first time, and he's a little nervous. Luckily, Maisy, Tallulah, Eddie, and Cyril are happy to accompany their toothy friend to the dentist's office, where they make some fun discoveries: a twirly chair that goes up and down, a special cup to spit in, and a proper tooth-brushing demonstration. Charley gets an x-ray, a smiley button, and a book to take home, but what will happen with his wobbly tooth?

The American Health Care Paradox

Prepare for the real world of family nursing care! Explore family nursing the way it's practiced today—with a theory-guided, evidence-based approach to care throughout the family life cycle that responds to the needs of families and adapts to the changing dynamics of the health care system. From health promotion to end of life, a streamlined organization delivers the clinical guidance you need to care for families. Significantly updated and thoroughly revised, the 6th Edition reflects the art and science of family nursing practice in today's rapidly evolving healthcare environments.

Maisy, Charley, and the Wobbly Tooth

This open access book examines health trajectories and health transitions at different stages of the life course, including childhood, adulthood and later life. It provides findings that assess the role of biological and social transitions on health status over time. The essays examine a wide range of health issues, including the consequences of military service on body mass index, childhood obesity and cardiovascular health, socio-economic inequalities in preventive health care use, depression and anxiety during the child rearing period, health trajectories and transitions in people with cystic fibrosis and oral health over the life course. The book addresses theoretical, empirical and methodological issues as well as examines different national contexts, which help to identify factors of vulnerability and potential resources that support resilience available for specific groups and/or populations. Health reflects the ability of individuals to adapt to their social environment. This book analyzes health as a dynamic experience. It examines how different aspects of individual health unfold over time as a result of aging but also in relation to changing socioeconomic conditions. It also offers readers potential insights into public policies that affect the health status of a population.

Jong's Community Dental Health - E-Book

The first edition of this classic text appeared in 1976 with the aim of refining and standardising the advice given to the public and to ensure that such advice was scientifically sound and evidence-based. It was written not only for members of the dental professions and those involved in general healthcare including medical practitioners, school nurses, health visitors, midwives, dieticians, pharmacists and public health practitioners, but also those who influence health in the wider community, such as teachers, child carers and peer educators. While originally written for a UK readership it became clear that it was used in other countries and that a new international edition was needed. To ensure that this new edition would reflect a consensus of international expert opinion and be relevant to a much broader readership, a panel of eminent experts was enlisted from as far afield as Japan, Singapore, Denmark, Switzerland and the USA. The text is consistent with current evidence and guidance from the WHO, and includes comparative guidance from other countries and systematic reviews of research evidence from the Cochrane Collaboration database. It provides information and advice on the main aspects of oral health, including the cause and prevention of dental caries, periodontal disease, dental erosion, oral cancer and dental problems in children under five, and older people. Throughout the book, key points are given at the beginning of each chapter, with an indication of the strength of supporting scientific evidence using a simple scheme.

Issues in Contemporary Orthodontics

This book describes and discusses the different restorative options for managing carious lesions in children with primary

and mixed dentition. The aim is to provide practitioners with thorough, up-to-date information that will improve their clinical practice. The opening chapters present a comprehensive overview regarding diagnosis of carious lesions, risk assessment, child behavior and development, and behavioral management. The importance of oral health promotion and prevention in controlling lesion progression and maintaining oral health is reviewed. The impact of various factors on clinician decision making is then explained in detail, examples including the type of dentition (primary versus permanent), the clinical and radiographic aspect of the dentine carious lesion (noncavitated or cavitated), and whether the lesion is associated with a developmental defect. Guidance is provided on selection of nonoperative versus operative interventions, and the restorative materials most frequently used in pediatric dentistry are fully described, highlighting their advantages and disadvantages. Readers will also find an informative series of cases, with explanation of the choices in terms of materials and approach.

Early Childhood Oral Health Guidelines for Child Health Professionals

This essential resource gives the reader a practical overview of the expanding and evolving role of the dental professional in the health care community. Coverage includes globalism, diversity, the impact of technology on public health and community dentistry, and information on Hepatitis C and water fluoridation.

Open Wide

Dental caries has been called a “silent epidemic” and is the most prevalent chronic disease affecting children. Though much has been written on the science and practice of managing this disease, publications are diverse in their loci, preventing easy access to the reader. Early Childhood Oral Health coalesces all the important information related to this topic in a comprehensive reference for students, academics, and practitioners. This second edition expands the scope of the first and puts an additional focus on interprofessional and global efforts that are necessary to manage the growing disease crisis and screening and risk assessment efforts that have expanded with the boom of new technologies. With updated references and incorporating the latest research, chapters address the biology and epidemiology of caries, the clinical management of early childhood caries, risk assessment, and early diagnosis. Other topics include public health approaches to managing caries worldwide, implementation of new caries prevention programs, fluoride regimens, and community programs, and family oral health education. Brand new are four chapters on the medical management of early childhood caries, considerations for children with special needs, interprofessional education and practice, and how the newest policy issues and the Affordable Care Act affect dental care. A must-read for pediatric dentists, cariologists, public health dentists, and students in these fields, Early Childhood Oral Health is also relevant for pediatricians and pediatric nursing specialists worldwide.

Emerging Trends in Oral Health Sciences and Dentistry

An updated version of the illustrated guide, published under the auspices of the American Academy of Pediatrics, guides parents through all the phases of caring for infants and young children, from stimulating brain development and breastfeeding to dealing with the high-tech world of computers and threat of terrorism. Original.

A Global Compendium of Oral Health

Reducing Oral Health Disparities: What Can We Learn from Social, Environmental and Cultural Factors?

Little Critter goes to the dentist for a checkup, and finds that going to the dentist isn't so bad.

Early Childhood Oral Health

Oral health care and medical health care both seek to maintain and enhance human health and well-being. Yet, dentistry and primary care in the United States are largely separated and isolated from each other. Each has its own siloed systems for education, service delivery, financing, and policy oversight. The result has been duplication of effort, a cultural gap between the two professions, and lost opportunities for productive collaboration and better health. On December 6, 2018, in Washington, DC, the National Academies of Sciences, Engineering, and Medicine held a workshop titled Integrating Oral and General Health Through Health Literacy Practices. This publication summarizes the presentations and discussions from the workshop.

Advancing Oral Health in America

Family Health Care Nursing

Year-long, interdisciplinary curriculum features 53 lessons. Weekly classroom lessons meet Head Start Domains and HighScope Indicators and follow the following five themes: Twice a day toothbrushing Visiting the dentist twice a year Good nutrition for healthy teeth The importance of primary teeth How oral health relates to school success

Dental Caries

Emerging Trends in Oral Health Sciences and Dentistry is the second book on Oral Health Science. The first book is Oral Health Care-Pediatric, Research, Epidemiology and clinical Practices and Oral Health Care-Prosthodontics, Periodontology, Biology, Research and systemic Conditions published in February 2012. The present book is a reflection of the progress in Oral Health Sciences, practices and dentistry indicating the direction in which this stream of knowledge and education is likely to head forward. The book covers areas of General Dentistry, Paediatric and Preventive Dentistry, Geriatric and Prosthodontics, Orthodontics, Periodontology, Conservative Dentistry and Radiology and Oral Medicine.

Pediatric Restorative Dentistry

Access to oral health care is essential to promoting and maintaining overall health and well-being, yet only half of the population visits a dentist each year. Poor and minority children are less likely to have access to oral health care than are their nonpoor and nonminority peers. Older adults, people who live in rural areas, and disabled individuals, uniformly confront access barriers, regardless of their financial resources. The consequences of these disparities in access to oral health care can lead to a number of conditions including malnutrition, childhood speech problems, infections, diabetes, heart disease, and premature births. Improving Access to Oral Health Care for Vulnerable and Underserved Populations examines the scope and consequences of inadequate access to oral health services in the United States and recommends ways to combat the economic, structural, geographic, and cultural factors that prevent access to regular, quality care. The report suggests changing funding and reimbursement for dental care; expanding the oral health work force by training doctors, nurses, and other nondental professionals to recognize risk for oral diseases; and revamping regulatory, educational, and administrative practices. It also recommends changes to incorporate oral health care into overall health care. These recommendations support the creation of a diverse workforce that is competent, compensated, and authorized to serve vulnerable and underserved populations across the life cycle. The recommendations provided in Improving Access to Oral Health Care for Vulnerable and Underserved Populations will help direct the efforts of federal, state, and local government agencies; policy makers; health professionals in all fields; private and public health organizations; licensing and accreditation bodies; educational institutions; health care researchers; and philanthropic and advocacy organizations.

Knowledge Development in Early Childhood

Most oral diseases are preventable, yet they remain the most globally common noncommunicable disorders, affecting people throughout their lifetime. Lifestyle, including diet and food choice, is central to the occurrence of oral disease. Nutrition and diet can impact the development and status of the oral cavity as well as the progression of illness. Also, poor

oral health can influence the ability to eat and, consequently, to maintain an adequate diet and nutrient balance. This book, consisting of 14 chapters, provides current information on the impact of nutrients (macro- and micro-elements and vitamins) and diet on oral health and vice versa (i.e., the impact of oral health on diet/nutrition). It also reviews possible oral health effects of probiotics as well as relationships between genotype and diet, which are important for determining oral disease risk. This book is a helpful resource for under- and postgraduate students. It will also be useful to dentists and nutritionists/dietitians as they integrate nutrition education into medical practice.

Just Going to the Dentist

Synthesizing cutting-edge research from multiple disciplines, this book explores how young children acquire knowledge in the "real world" and describes practical applications for early childhood classrooms. The breadth and depth of a child's knowledge base are important predictors of later literacy development and academic achievement. Leading scholars describe the processes by which preschoolers and primary-grade students acquire knowledge through firsthand experiences, play, interactions with parents and teachers, storybooks, and a range of media. Chapters on exemplary instructional strategies vividly show what teachers can do to build children's content knowledge while also promoting core literacy skills.

NSW Little Smiles

Now in full color, this text uses a unique age-specific organization to discuss all aspects of pediatric dentistry from infancy through adolescence. Each age-specific section covers the physical, cognitive, emotional, and social changes that children experience, as well as the epidemiology of dental disease at that age. Other chapters explore the examination, treatment planning, radiographic concerns, prevention, trauma, restorative dentistry, pulp therapy, orthodontics, and behavior management of each age range. Unique organization begins with an introduction to the basic information and topics pertinent to children of all ages, then divides up the rest of the text by age group to cover the specific changes the child experiences physically, cognitively, emotionally, and socially. In most cases, particular dental issues are discussed only once, at the point in a child's development at which they are most appropriate. Section on children from conception to age three covers conditions such as cleft palate, disturbances in calcification, unusual numbers of teeth, oral habits, caries, and the development of malocclusions that start during these years. Chapter on aesthetic restorative dentistry for the adolescent looks at material selection, tooth color and form, diastemas, discolored teeth, bleaching and more. Chapter on sport dentistry and mouth protection covers how to evaluate child/adolescent athletes, the different types of mouth protection available, and professional activities in sports dentistry. Chapter on the diagnosis of oral lesions and developmental anomalies uses tables and extensive illustrations to depict developmental anomalies, white soft tissue

lesions and enlargements, dark soft tissue lesions, ulcerative lesions, radiolucent lesions of bone, mixed radiolucent and radiopaque lesions of bone. NEW! Full-color design creates an immediate visual impact and better illustrates concepts and dental conditions.

Early Childhood Oral Health

This book is open access under a CC BY 4.0 license. This handbook synthesizes and analyzes the growing knowledge base on life course health development (LCHD) from the prenatal period through emerging adulthood, with implications for clinical practice and public health. It presents LCHD as an innovative field with a sound theoretical framework for understanding wellness and disease from a lifespan perspective, replacing previous medical, biopsychosocial, and early genomic models of health. Interdisciplinary chapters discuss major health concerns (diabetes, obesity), important less-studied conditions (hearing, kidney health), and large-scale issues (nutrition, adversity) from a lifespan viewpoint. In addition, chapters address methodological approaches and challenges by analyzing existing measures, studies, and surveys. The book concludes with the editors' research agenda that proposes priorities for future LCHD research and its application to health care practice and health policy. Topics featured in the Handbook include: The prenatal period and its effect on child obesity and metabolic outcomes. Pregnancy complications and their effect on women's cardiovascular health. A multi-level approach for obesity prevention in children. Application of the LCHD framework to autism spectrum disorder. Socioeconomic disadvantage and its influence on health development across the lifespan. The importance of nutrition to optimal health development across the lifespan. The Handbook of Life Course Health Development is a must-have resource for researchers, clinicians/professionals, and graduate students in developmental psychology/science; maternal and child health; social work; health economics; educational policy and politics; and medical law as well as many interrelated subdisciplines in psychology, medicine, public health, mental health, education, social welfare, economics, sociology, and law.

Grace Under Pressure

The Institute of Medicine (IOM) Roundtable on Health Literacy focuses on bringing together leaders from the federal government, foundations, health plans, associations, and private companies to address challenges facing health literacy practice and research and to identify approaches to promote health literacy in both the public and private sectors. The roundtable serves to educate the public, press, and policy makers regarding the issues of health literacy, sponsoring workshops to discuss approaches to resolve health literacy challenges. It also builds partnerships to move the field of health literacy forward by translating research findings into practical strategies for implementation. The Roundtable held a workshop March 29, 2012, to explore the field of oral health literacy. The workshop was organized by an independent

planning committee in accordance with the procedures of the National Academy of Sciences. The planning group was composed of Sharon Barrett, Benard P. Dreyer, Alice M. Horowitz, Clarence Pearson, and Rima Rudd. The role of the workshop planning committee was limited to planning the workshop. Unlike a consensus committee report, a workshop summary may not contain conclusions and recommendations, except as expressed by and attributed to individual presenters and participants. Therefore, the summary has been prepared by the workshop rapporteur as a factual summary of what occurred at the workshop.

The Jungle

The book provides a summary of 30 countries' epidemiological profiles on tooth eruption and hard dental tissue anomalies. It opens with a chapter that introduces readers to the entire gamut of anomalies associated with tooth eruption, and dental tissue development and its associated anomalies. This is followed by a chapter that discusses dental development and its association with life history, brain development, and sexual maturity, as well as population differences in tooth development. There is also a contribution that extensively addresses teething and associated myths and misconception, while another considers non-syndromic causes of dental anomalies. The book ends with a chapter that maps what we currently know and what still remains to be studied.

Story-Based Inquiry: A Manual for Investigative Journalists

"What To Do For Healthy Teeth provides easy-to-read and use information to help you take good care of your teeth and your children's teeth. Among the tips you'll find in this book: Proper brushing and flossing, pregnancy and dental care, fluoride, bottle rot, tooth accidents, Crowns, braces, bridges, fillings, and root canals."--Publisher description.

Healthy Young Children

This book provides a concise yet comprehensive source of current information on Down syndrome. It focuses on exciting areas of research on diseases associated with Down syndrome. Inside, you will find state-of-the-art information on diseases associated with Down syndrome; improvement of cognitive skills in Down syndrome; and research approaches on Down syndrome. Although aimed primarily at research workers on Down syndrome, we hope that the appeal of this book extends beyond the narrow confines of academic interest and reaches a wider audience, especially parents, relatives, and health care providers who work with infants and children with Down syndrome.

Caring for Your Baby and Young Child

Foreword by Harvey V. Fineberg, President of the Institute of Medicine For decades, experts have puzzled over why the US spends more on health care but suffers poorer outcomes than other industrialized nations. Now Elizabeth H. Bradley and Lauren A. Taylor marshal extensive research, including a comparative study of health care data from thirty countries, and get to the root of this paradox: We've left out of our tally the most impactful expenditures countries make to improve the health of their populations-investments in social services. In *The American Health Care Paradox*, Bradley and Taylor illuminate how narrow definitions of "health care," archaic divisions in the distribution of health and social services, and our allergy to government programs combine to create needless suffering in individual lives, even as health care spending continues to soar. They show us how and why the US health care "system" developed as it did; examine the constraints on, and possibilities for, reform; and profile inspiring new initiatives from around the world. Offering a unique and clarifying perspective on the problems the Affordable Care Act won't solve, this book also points a new way forward.

Oral Health Literacy

Issues in Contemporary Orthodontics is a contribution to the ongoing debate in orthodontics, a discipline of continuous evolution, drawing from new technology and collective experience, to better meet the needs of students, residents, and practitioners of orthodontics. The book provides a comprehensive view of the major issues in orthodontics that have featured in recent debates. A broad variety of topics is covered, including the impact of malocclusion, risk management and treatment, and innovation in orthodontics.

Brush Early Childhood Oral Health Curriculum Second Edition

Dental caries has been called a "silent epidemic" and is the most prevalent chronic disease affecting children. Though much has been written on the science and practice of managing this disease, publications are diverse in their loci, preventing easy access to the reader. *Early Childhood Oral Health* coalesces all the important information related to this topic in a comprehensive reference for students, academics, and practitioners. This second edition expands the scope of the first and puts an additional focus on interprofessional and global efforts that are necessary to manage the growing disease crisis and screening and risk assessment efforts that have expanded with the boom of new technologies. With updated references and incorporating the latest research, chapters address the biology and epidemiology of caries, the clinical management of early childhood caries, risk assessment, and early diagnosis. Other topics include public health approaches to managing caries worldwide, implementation of new caries prevention programs, fluoride regimens, and community programs, and family oral health education. Brand new are four chapters on the medical management of early childhood caries, considerations for children with special needs, interprofessional education and practice, and how the newest policy issues and the Affordable Care Act affect dental care. A must-read for pediatric dentists, cariologists, public health dentists, and

students in these fields, Early Childhood Oral Health is also relevant for pediatricians and pediatric nursing specialists worldwide. Key Features: Coalesces information on early childhood oral health into one accessible source Detailed discussion of early childhood caries Full discussion of other factors affecting pediatric oral health Fuses impressive scholarship with clinical pragmatism Explains how the Affordable Care Act and other policy issues impact children's oral healthcare Second edition fully updated and includes four new chapters

What to Do for Healthy Teeth

The Impact of Nutrition and Diet on Oral Health

Rhyming text and illustrations briefly point out what animals have teeth, their uses, and how to care for them.

Integrating Oral and General Health Through Health Literacy Practices

According to most studies, public speaking is the number one fear amongst professionals. Most suffer from stage fright, lack of basic vocal training and/or lack of delivery technique, and seek tips and tricks in books, articles and blogs. However, these sources often fail to address the underlying issue of stage fright, and the same habitual responses to nervousness continue to plague the speaker. *Grace Under Pressure* solves this issue by unveiling three areas of training that great speakers use to develop their skills. In the first section, author Lisa Wentz shares techniques that she has developed to help anyone overcome inner obstacles, so that they can focus on developing their outward presence. The second section outlines how to best develop the physical aspects of speech, including posture, breathing, resonance and articulation. And the third section centres on delivery: how to use pauses, word stress and storytelling, among other techniques, to improve your performance from novice to master. This final section offers acting techniques and directorial advice that can be applied to speeches, pitches, presentations and meeting strategies.

Handbook of Life Course Health Development

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