

Samara Bay

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TO SPEAK

**HOW TO CHANGE WHAT POWER
SOUNDS LIKE, STARTING WITH YOU**

Permission To Speak

Samara Bay



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Permission to Speak Samara Bay, 2023-02-07 Use your voice to lead us to a better future with this game changing guide to redefining what power and authority sound like from a speech expert who's worked with Hollywood's biggest stars political powerhouses and businesspeople shaking up the status quo I love this book funny surprising stirring and so important What a beautiful accomplishment and gift to put into the world Rachel McAdams Getting heard is a tricky business It's what you say and how you show up filtered through your audience's assumptions and biases and maybe even your own For women people of color immigrants and queer folks there's often a dissonance between how you speak and how we collectively think powerful people should speak like the wealthy white men who've historically been in charge But fortunately the sound of power is changing Permission to Speak is your tool kit for making that change In this revolutionary take on how to use your voice to get what you want sought after speech coach Samara Bay offers a fresh perspective on public speaking and a new definition of what power sounds like namely you Blending anecdotes with eye opening research in leadership linguistics and social science Permission to Speak shows you how to strike the right balance of strength and warmth to land your message exactly what to do before a high stakes scenario so that your voice your mind and your spirit are ready and how to turn habits like vocal fry and upspeak into tools Most important you'll discover your voice story why you talk the way you do what's wonderful about it and what you've outgrown Fiery fun and truly profound Permission to Speak is a personal and cultural reckoning with what speaking in public is and what it can be This book meets the moment and offers this provocation When we change what power sounds like we change who has it *Summary of Samara Bay's Permission to Speak: How to Change What Power Sounds Like, Starting with You* Milkyway Media, 2024-03-11 Get the Summary of Samara Bay's Permission to Speak How to Change What Power Sounds Like Starting with You in 20 minutes Please note This is a summary not the original book Permission to Speak How to Change What Power Sounds Like Starting with You by Samara Bay explores the profound connection between breathing and speaking particularly in moments of vulnerability and risk The book delves into the historical silencing of individuals who challenged the status quo and the societal myths surrounding who is allowed to speak and how Bay emphasizes the importance of deep breathing and speaking boldly as acts of social transformation enabling individuals to present their authentic selves and reshape the discourse around public speaking

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