

# CONTENTS

---

<i>About the author</i>	<i>ix</i>
<i>Acknowledgements</i>	<i>xi</i>
<i>Introduction</i>	<i>xv</i>
1 The game has changed	1
2 Finding the real you	23
3 Stepping into the real you	45
4 Communicating the real you	77
5 Presenting the real you on stage	115
6 Presenting the real you online	157
<i>Conclusion</i>	<i>163</i>
<i>Index</i>	<i>167</i>

<http://www.pbookshop.com>