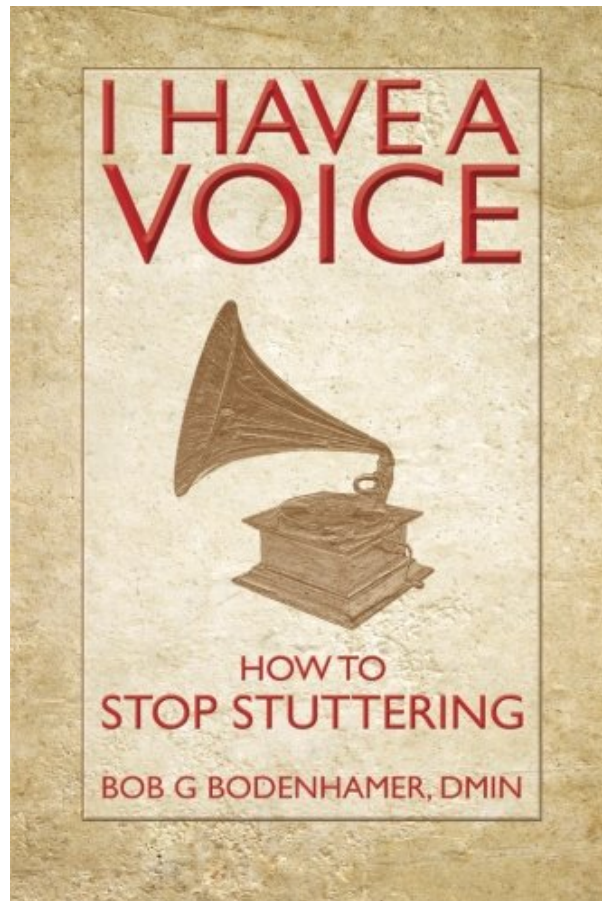
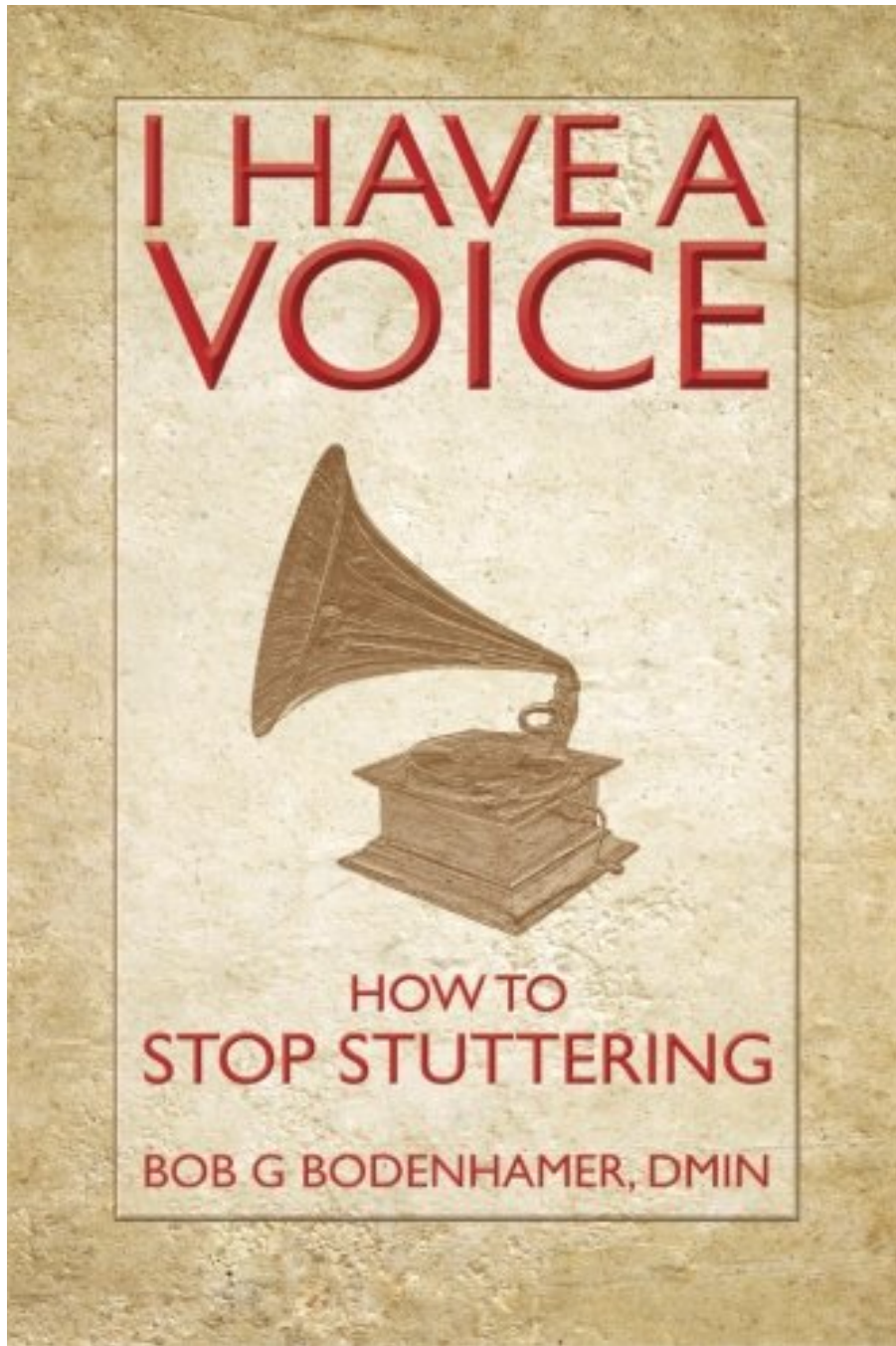


# **I HAVE A VOICE: HOW TO STOP STUTTERING BY BOB G. BODENHAMER**



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## Review

"At long last, speech language therapists and those who stutter have tools to address the most overlooked component of stuttering-the habits of thought that drive the speech block. The neuro-semantic processes described in this book will help the PWS to build a framework for fluency that can lead to permanent change." --John C. Harrison, National Stuttering Association

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Stuttering has been in the shadows of public awareness for years. Sure, no one dies from stuttering, and it is not pervasive--only one percent of people stutter Yet it is a malady that has not received a great deal of attention. But stuttering is no longer in the shadows. In 2011, *The King's Speech*, a British historical drama won an Academy Award, and made stuttering part of the public conversation. Moviegoers learned of the embarrassing pain that most People Who Stutter (PWS) suffer. The movie is about the young man who became the King of England just prior to the Second World War It reveals the painful experiences that stuttering created for him. But, even more than that, the speech trainer in the movie brings into focus this shocking fact: Stuttering is not about speech! It is about the 'thinking&' that is mostly unconscious and in 'the back of the mind of the PWS.' In this ground-breaking volume, the author details a completely new approach to treating this debilitating condition. It explains both the structure of stuttering and blocking and provides the cognitive tools for gaining more fluency From identifying the origins of stuttering, through teaching how to think differently in working with stress, the author provides a unique approach to achieving more fluency. Originally published in hardcover under the title *Mastering Blocking and Stuttering* (ISBN 9781904424406).

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- 208 pages

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#### Most helpful customer reviews

5 of 5 people found the following review helpful.

A NLP approach to stuttering

By Judith E. Pearson, Ph.D.

I Have a Voice is a new edition of Bob Bodenhamer's 2005 Mastering Blocking and Stuttering. Stuttering has received public attention with the popularity of movie, The King's Speech. Like the unconventional speech therapist in the movie, Bodenhamer has worked with hundreds of people who stutter (PWS), helping them achieve fluency. His successes and articles on the subject have attracted world-wide recognition. He is a leading expert and pioneer in treating stuttering, stammering, and verbal blocking. His book is for therapists as well as those seeking a self-help approach to the problem.

The premise is that stuttering is a learned behavior rooted in traumatic childhood events that prove detrimental to social relationships and self-esteem. The book draws upon Neuro-Semantics, NLP, and cognitive psychology in defining the components of stuttering and describing strategies for change.

The three tasks for achieving fluency are:

- \* Develop a healthy self-concept.
- \* Ignore other's opinions.
- \* Access personal resources for living successfully.

I Have a Voice shows how to accomplish these outcomes in a therapeutic approach that incorporates NLP interventions for reframing meanings, releasing trauma, changing limiting beliefs, achieving calm, reaching personal empowerment, confronting cognitive distortions, shifting one's perceptions and focus, and developing behavioral flexibility. Bodenhamer estimates 25 to 30 hours of therapy and much at-home practice are required for success. Bob Bodenhamer has produced a definitive, landmark text for treating stuttering. It should be in the hands of every speech therapist.

6 of 7 people found the following review helpful.

**DR. BODENHAMER'S VOICE IS A CONFIRMING VOICE**

By Aphrodite Enterprises

I STUTTERED severely until I was 33 years old. That year, most of my stuttering disappeared. Later, I looked for an explanation of what happened to my stuttering and was referred to a book by Dr. Bob Bodenhamer: "I HAVE A VOICE; HOW TO STOP STUTTERING." This book was one of two books that provided me with an explanation as to what had gone on in my life before my stuttering disappeared. Hey, listen to me: if you stutter or know someone who stutters, you owe it to yourself to give 'I HAVE A VOICE; HOW TO STOP STUTTERING' a careful read. Ruth Mead

4 of 5 people found the following review helpful.

Breathe of Fresh Air for the Stuttering Community

By David F.

I highly recommend this book. Bobby G. Bodenhamer is a breath of fresh air to the stuttering community and has personally helped me in tremendous ways. He brings amazing insight into how we can look at our stuttering differently. Thank you Bob for your commitment to helping PWS understand themselves and their stuttering patterns.

[See all 7 customer reviews...](#)

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