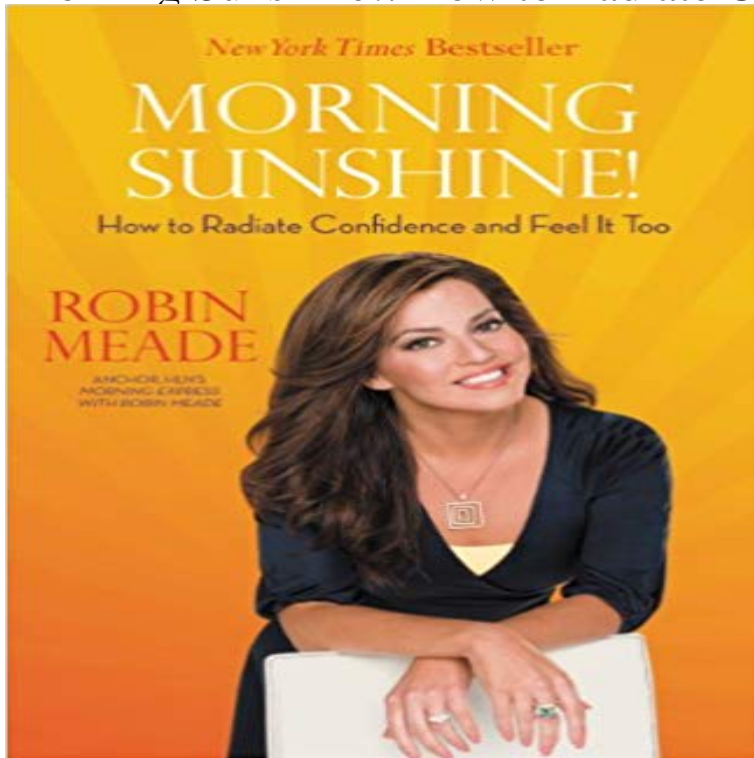


## Morning Sunshine!: How to Radiate Confidence and Feel It Too



Robin Meade is the poster child for confidence and self-assurance. But the anchor of Morning Express with Robin Meade wasn't always that way. In fact, there was a period in her career when she was plagued with anxiety and panic attacks. In **MORNING SUNSHINE!**, she tells how she overcame her fear of public speaking to go on and achieve her dream of becoming a news anchor. Robin Meade offers her own tried-and-true four-step approach to building confidence. Her trademark warm, personal style translates from the screen to the page in this book, which will give readers even more insight into the young woman who came out of nowhere to become one of the most popular news anchors on television today.

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