13 HARMFUL RECOMMENDATIONS FOR PEOPLE WHO STUTTER FROM THOSE WHO DO NOT KNOW WHAT STUTTERING REALLY IS

This unique power point presentation has been created by the pioneers of a new profession called Etalon Speech Education. It is intended for millions of people who stutter and are still confused by the army of Speech Therapists-Pathologists, Psychologists, Psychiatrists and other representatives of the allopathic health industry. These conventionally trained specialists honestly confess that they do not know exactly what stuttering is. But in spite of their own ignorance, they insist that each person who stutters should follow their useless and extremely harmful advice.

* What exactly do these confused professionals advise stutterers to do?

* Why should people who stutter never follow the harmful advice in order to avoid complete destruction of their own speech and entire life?

* How to protect yourself from enslavement by the industry of “stuttering cure” and turning into its life-time slave?

* How to gain freedom and independence in speech and life?

The clues are simple. They are in this book.

REALIZE THE HARM OF EACH ENSLAVING RECOMMENDATION AND NEVER FOLLOW IT!
STUTTERER!

«What is stuttering? - I wonder -
Why I stupor when I speak?»
Ask yourself these questions often,
For the real answers seek.

If you cannot find the answer,
If it’s not yet in your head,
Ask Speech Therapists and listen
To what “expert” people said.

You will hear their stories -
Lots of scary dreadful tales
Made about stutter sickness,
Which “attacks” females and males.

They will tell you: “Be prepared
For a long-term cure, fight!
Be persistent, trust your doctors
And your speech will be all right.
If you’ve trusted this illusion
And believed that you are ill,
Then, you are enslaved by doctors
And you’ve buried your Free Will.

Their tips, recommendations,
Harmful methods and advice
You’ve obeyed as working orders
To create “fool’s paradise”...

Each advice destroys your speaking,
Makes you stutter even more,
And directs you straight to “shopping”
At “the stutter cure store”.

Ask yourself the toughest questions,
Search for answers - they exist!
See reality, awaken,
And become a realist!
**HARMFUL ADVICE #1**

**CURE STUTTERING**

In my very early childhood,  
Doctors told me I was sick  
And my journey to recover  
From this sickness won’t be quick.

They prescribed false medication,  
Made me use an ear piece,  
Trained my tongue, my lips, my breathing,  
Fought my stuttering “disease”...

I believed all those experts,  
Many years cured speech....  
All these useless stutter methods  
I am ready to impeach!

**STUTTERING IS NOT A SICKNESS OF THE BODY AND DOES NOT REQUIRE ANY CURE. LEARN TO OPERATE INDEPENDENTLY YOUR SPEECH INSTRUMENT – LIKE ALL NORMAL PEOPLE!**
HARMFUL ADVICE #2

**REMAIN SILENT**

to forget about stuttering

I do my best to never speak
With other people, strangers.
For many days and many weeks,
I run from speaking dangers.

I hate to interrupt or ask.
I watch and listen only.
It is the most dreadful task,
Because I’m always lonely.

**DO NOT REMAIN SILENT!** LEARN TO OPERATE YOUR SPEECH INSTRUMENT AT EACH PRESENT MOMENT – LIKE ALL NORMAL PEOPLE.
I use advice of stretching words
While speaking everywhere:
Prolong all sounds in my words,
But others do not care.

They notice my weird speech,
They mock my funny chanting
And laugh at every tiny breach
Of my abnormal ranting.

NEVER STRETCH SOUNDS IN WORDS! OPERATE INDEPENDENTLY YOUR SPEECH INSTRUMENT AT EACH PRESENT MOMENT – LIKE ALL NORMAL PEOPLE.
HARMFUL ADVICE #4

CONTROL YOUR BREATHING

I manage speech through breath control,
I follow this harmful trick:
Inflate myself like rubber ball
Before I want to speak.
I take one breath, then, second, third…
Feel pain in throat, chest…
Such massive air drowns words,
Puts speech under duress.

NEVER CONTROL YOUR BREATHING! EACH PRESENT MOMENT, OPERATE ADEQUATELY YOUR SPEECH INSTRUMENT – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #5

CALM DOWN

I do not express my feelings, I keep them inside, suppress. I stay calm, avoid speaking - And don’t stutter under stress.

I take calming medication, Like a Zombie, I’m relaxed. I do not react to people And don’t care what they ask.

I did not respond when someone Bruised my foot in that full buss. I endured, kept my silence, Didn’t say a word or cuss.

NEVER CALM DOWN BEFORE SPEAKING! LEARN TO OPERATE YOUR SPEECH INSTRUMENT UNDER STRESS – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #6

RELAXING MASSAGE

To reduce my muscle tension
I received a nice massage.
But the masseur’s work was wasted.
Relaxation’s a mirage.

“Hey! A trouble word is coming!
Muscles, tense!” – commanded brain.
And it threw my poor muscles
Back to stuttering again...

IT’S USELESS TO MASSAGE MUSCLES BEFORE USING THEM. LEARN TO OPERATE YOUR SPEECH INSTRUMENT CORRECTLY – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #8

Desensitize yourself

I follow recommendation
To make insensitive my speech
And have all feelings and emotions
For me completely out of reach.

Today, I sound like a robot,
I’ve made this anti-stutter’s choice:
Ignore my heart, suppress my feelings –
Speak with a lifeless voice.

YOU ARE A SENSORY CENTER. LEARN TO OPERATE YOUR SPEECH INSTRUMENT TO EXPRESS YOUR EMOTIONS AND FEELINGS – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #9

READ ALOUD

Every day (without skipping!) I am reading books aloud. And the skill to read from notes I have mastered. I am proud.

But I fail to speak with people, When I don’t see written scripts. I just huff, and puff, and stupor, Bite my tongue and squeeze my lips.

BY READING ALOUD YOU MASTER ONLY YOUR READING SKILLS. LEARN TO OPERATE YOUR SPEECH INSTRUMENT TO WORK WITH INFORMATION – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #10

UNDERTAKE HYPNOSIS

My hypnotherapist convinced me
That I was not afraid to speak.
He waved his hands while I was sleeping,
He used some powerful technique.

When I woke up, I felt inspired,
Went to a store to check results,
I wished to ask for bottled water,
But got just stuttering’s insults.

HYPNOSIS FOR A LACK OF A SKILL IS USELESS! LEARN TO OPERATE INDEPENDENTLY YOUR SPEECH INSTRUMENT – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #11

USE A SPEECH DEVICE

New device for stutter-cure
I’ve been using for some time:
Letting it control my speaking,
Living this new paradigm.
    I am not my own master,
Speech device controls my life:
    It’s destroyed my voice, cut ears
As it was a ruthless knife.
I can’t operate my body.
I’ve completely lost all skills...
Speech and life depend on monster!
Trash it, please, before it kills!

NEVER USE ANY SPEECH DEVICE! LEARN TO OPERATE INDEPENDENTLY
YOUR SPEECH INSTRUMENT – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #12

**MODEL AFTER SOMEONE**

I’ve been practicing at home
Using modeling technique.
Imitating someone’s speaking,
I forget that I’m unique.

I can do a presentation
In this person’s speaking style,
Mimic him just like a clown,
Move like him and give his smile.

But when someone asks a question
And I want to answer it,
I’ll get lost with no model
And will get my “stutter’s shit”.

NEVER MODEL AFTER SOMEONE’S SPEECH! LEARN TO OPERATE YOUR SPEECH INSTRUMENT WITH YOUR UNIQUE STYLE – LIKE ALL NORMAL PEOPLE!
HARMFUL ADVICE #13

ACCEPT STUTTERING

They’ve told me that I have a sickness...

My doctors say: “You’ll never heal.
Be always a restricted person,
Accept your destiny and kneel!

Come often for support and care
To us, your helpers, face-to-face;
Do something else for self-expression.
Accept your stuttering, embrace!”

I try embracing stutter-shackles
And wear them with greater ease,
Convince myself that they don’t matter,
Pretend that I am free and pleased.

But every speaking situation
Reminds me that I am a slave.
I’m envious of normal speakers.
And daily my speech freedom crave!

NEVER ACCEPT STUTTERING, WHICH IS A FORM OF ENSLAVEMENT. LEARN TO OPERATE FREELY YOUR SPEECH INSTRUMENT – LIKE ALL NORMAL PEOPLE.