

PARADIGM SHIFT: MY NEW EMPOWERING MINDSET

A SHORT AUTOBIOGRAPHY OF MY LIFE AND STUTTERING

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DEDICATION

Dedicated to all people who stutter. We are all unique in our own right and yet we share one common characteristic which makes us so similar: a thing called *Ssssssssssssssssssssssstuttering*.



Preface

(Note: Kindly note the words “stuttering “ and “stammering” have been used inter-changeably as I believe they are same words used in different dialects- Stammering by British and Stuttering by Americans.)

I never imagined I would write a book...and especially about stuttering. All my life I thought I was helpless and there was no ray of hope for me, as nothing can be done about stuttering .

The only solution seemed to be to “manage” it somehow, through some fluency shaping techniques. So called “Experts” in the field (and internet is filled them) explained that there are many theories about stuttering and none have been “scientifically“ verified. So a layman (like me) cannot understand such theories and there is no need to try to understand the causes of stuttering. So I believed them.

But I developed a unique interest in reading a specific genre of books called “self help” or personal development. I thought maybe I will find answers to all my bizarre questions one day. So I kept on looking, reading any book related to personal development I could lay my hands on. I learned a lot of things from those books and I started feeling better. My stammering went from severe to mild, my phobia of not speaking was gone and I felt more confident.

But this bizarre thing called stuttering still perplexed me as I had odd questions for which no one seemed to have answers. So my own

observations were going against my established beliefs that nothing could be done about stammering except a few therapies. So I was confused and I knew I was missing something.

It was not until recently that I came across a strange book entitled “Redefining Stuttering”. The author of the book, John C. Harrison, claimed to have “dissolved” his stuttering. The first question in my mind was “This is not possible!!!!!!!!!! He must be some kind of businessman trying to make money out of my misery.” To my surprise, the book was free of cost. That intrigued me. “If his motive is only money-making, why is that guy not charging money for this book??” So I decided to at least give it a try. I thought: “What have I got to lose?”

So I started studying, but once I started studying it, I was awe-struck. Here was some guy named John Harrison who was saying things completely against the established beliefs and knowledge. Yet I could not resist agreeing with what he was saying. It made perfect sense. It was so simple but yet struck right in the middle of my heart. I immediately started questioning my beliefs about stuttering and it made me think. To say that it was the missing link I had been looking for all my life is not an overstatement.

So I started to bring together all the things I had known and started to fit together my jigsaw puzzle of stammering. Even though it seemed complete, yet I felt I was still missing an important piece of the puzzle.

Then I found a book called “Speech is a River” by Ruth Mead. The title was interesting and the author also claimed to have recovered from

stammering. When I started reading that book it was like “BAM!!!!!!” This was one of the pieces missing from the puzzle.

My holy journey of “dissolving” stammering continues as I now know I am on the right path. It’s a journey of self-awareness that each person must take himself, as he is the only one who holds the key to self-realization. It is said that lasting change is always inside-out (from the inside to the outside), not the other way around. It is also said that biggest battles are fought within. And a journey of thousand miles start with the first step. I have taken this first step and I don’t know when this journey will end.

I would like to give special thanks to Ruth Mead who was the first one to suggest that I should combine all the posts I had written in a Yahoo group, in the form of a short book. I would also like to thank John Harrison, Anna Margolina and Alan Badmington and again Ruth Mead for their fantastic contributions, their relentless and selfless efforts that are a true source of inspiration for me. They are truly my mentors and role models.

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QUESTIONS OF A PERSON WHO STAMMERS (PWS)

I want to share few thought-provoking and exciting ideas which I have encountered recently on my holy journey of reading, learning, thinking and growing towards, if i may say, "Stuttering dissolution" if not recovery :-). I would like to begin with a few interesting questions that were always on my mind:

1. Is stammering a physical defect ?

If there is some physical defect in my speech like a defect in my brain, my vocal cords or my speech-producing muscles, why is this not consistent and permanent?

Why can I speak without stammering sometimes (for example when I am alone), no matter how brief a period of time it is?

2. Why do most children who stammer recover automatically in their teenage years?

Why do most of the children who stutter become fluent when they enter their teenage WITHOUT ANY THERAPY? I read somewhere the estimate is round 70% of children become automatically fluent in their teenage.

Question: H how do they become fluent without any form of therapy?

3. Why do we stammer more in stressful situations?

Why do I stammer more in more stressful situation like talking to strangers, when I have to convince someone even my close friends in a heated argument, when I know I would say something the other person will not like, or when in the spot light (like in public speaking when everyone is looking at you?)

4. Why are there certain words in my mind that I think I will stammer on...but not all words are problematic?

Why are there problematic words in my mind that I know I will stammer on, but not on all the words? And when I know I will stammer, it is very unusual that I can speak those words without stammering?

5. Why do physical distraction techniques (like moving fingers or leg) work for a few people?

Why do avoidance techniques like moving your legs or pinching your fingers relieve us of stuttering temporarily even in stressful situations.

6. Why do some electronic devices which produce a noise or delay auditory feedback work for some PWS?

Some PWS benefit if they cannot hear what they are saying. Why is that?

Before I reply to these questions I would like to start with a brief introduction of myself and my life as a person who stammers.

My life as person who stammers

Early Life as fluent

My name is Muhammad Junaid Paul and i have been stammering since age 11. I am Pakistani but was born in Abu Dhabi United Arab Emirates UAE, where my father used to work for the governmental construction company. I have only one brother.

It goes without saying that my mother was very caring, kind, loving and supportive. So I was not brought up in a critical or abusive sort of family, per se. My mother tongue is Punjabi, our official language is Urdu but I studied in English schools where medium of education was in English, although teachers spoke Urdu. At home I used to speak Punjabi. In school I spoke Urdu but studied English 😊 So I was trilingual from the beginning, stuttering in all the three languages, of course 😊

When I was only 8 years old we came back to Lahore, Pakistan my family's hometown (although my father continued to work in UAE). Because my father was away my mother was very protective and extraordinarily caring, looking after both my brother and me. I did miss my father badly.

As far as i can remember i was fluent at the time when I was 8 years old. When we came back to Lahore, Pakistan my brother (who was older by 2.5 years than me) suddenly developed severe stammering. It was just out of the blue. He used to be fluent. It was so severe that he

had blocks of 40-50 seconds, his face turning red. I was, oddly enough, fluent at that time. I must admit now that I am guilty as hell now for making fun of my brother at that time. I was just a kid and did not know anything about stammering. (Yeah i was a little devil at that time, I confess. I didn't know that I would be facing the same struggle shortly). I had a few audio recording clips which show I was fluent.

Nightmare of stammering starts in school

Anyway one year passed after my brother began to stutter...and maybe within 6 months to one year of my brother's stammering i developed stammering too. (I don't know why? Maybe trying to imitate and making fun of him, I started to notice speech more and more.) I never wanted to develop stammering. I thought it would be my worst nightmare if I developed such a thing.

Sometimes the things you fear most happen to you as you keep focusing on NOT doing what you don't want to do, but focusing on NOT doing is actually FOCUSING on your fear.

I thought it was one of the worse things that ever happened to me. Suddenly, reading in the class became a challenge. I was the victim of ridicule in my school. Only one or two children were bullies...the others did not care much. My stammering was mild in the beginning but then developed to full severity in a short period of time. i couldn't say even one complete sentence. There were severe blocks. I was like frozen, paralyzed, no air coming out... like I am choking. No words came out of my mouth.

Sometimes it was more like repeating the same sound again and again like if I wanted to say “terrible” I would go like “ttttttttttttterible.” Reading in front of the whole class was a nightmare. My teachers were supportive as long as I can remember. Some teachers advised me different things sometimes...whatever their knowledge was on the subject.

Obviously my mother got concerned and we consulted a speech therapist but she did not show much interest as she was leaving the city for some reason. We visited her once or twice but she did not start any treatment. There wasn't much awareness about stammering in Pakistan at that time (some 20-25 years ago) and maybe we could not find any other speech therapists back then.

So i was left on my own. Going to school was the most frightening thing. i was worried when it might be my turn to read, or worried if the teacher might ask me a question and I would stammer. Teachers were generally cooperative but some bully children made fun of me, especially while reading.

I can still remember when I was in 6th grade and reading aloud in my class. It was winter. I stuttered severely and one kid made mimicry of my stammering in the class and some kids started laughing in the back of the room. No one knew who was laughing, but it was so upsetting for me. I felt like it would have been better if someone had fired a bullet in my heart than this humiliation. I started crying in the class, tears coming down my cheeks. I don't remember what happened afterward, but I can still feel the pain, frustration, anger sadness all mixed up in that experience. This experience just pushed me to a state of phobia. I was

terribly afraid to speak. I tried not to speak at all or at least avoid speaking as much as possible. So I just went back to a very small closed nutshell of being extremely introverted. Avoidance strategies became my answer to stammering.

I was a hardworking student as my mother helped me regularly in studies. So I was good in studies and knew many answers to the questions asked in class but never dared to answer them because I was afraid someone would make fun of me. What would others say about me? They will laugh at me! If my teacher asked me a question I pretended I did not know the answer although I did know most of the answers. Humiliation of not knowing was better than the humiliation of being laughed at, due to stammering. So I had a reputation of being a very quiet person in school. I did continue to talk at home as I knew I was safe.

So this was my high school with very few good friends as I avoided talking to most of my class mates. I had actually created the monster of stuttering in my mind. We tried some treatments here and there, like consulting psychologists, doctors, etc. I remember one psychologist we consulted ask me to read in front of a mirror like a debate. I did that but to no avail. We even tried a homeopathic doctor who gave me some medicine but same result. Words continued to get struck.

Teenage and stuttering

Life in college got much easier as teachers did not ask many questions and there were only written exams (except some science subjects in which we had to perform some experiments and note answers in a

work book.) There was a viva or oral exam just once a year for annual exams of Physics and Chemistry as I was a pre-engineering student. But that was like only a 10 minute exam. I somehow passed my college by talking less, spending most time in isolation with only a few friends and reading a lot of books, as if I was a geek.

I always got good grades, which was a thing that worked well for me. I took admission in professional Chartered Accountancy, studies which were considered to be the toughest studies in Pakistan. Anyway my period in that accountancy School was like my period in College, but I continued to ask questions of my teacher even if though I stuttered. Luckily for me, no one made fun in that professional school. So it gave me bit of confidence.

Presentation Skill training course and new hope

In professional accountancy school a new requirement came when a presentation course was made compulsory in my third semester. I was just horrified to hear that. So far I had used avoidance strategy to deal with stammering. Now what was I going to do?

Now I knew that the “Cat was going to come out of the pouch.” Now everyone would know for sure who I actually am. I could not sleep for some nights worrying how terrible it would be. Picturing myself having a severe stammer on the stage and someone laughing in the class, (being ridiculed in front of whole class.) The whole episode of this reading experience at the school was still fresh in my memory and I remembered the feelings of frustration, shame, guilt and hopelessness.

I did not want to experience the same feelings again. In fact, being laughed at was my biggest fear. But I had no choice as the course was compulsory and no escape was possible.

I still remember the first day of Presentation Skill Training Course (PSTC). Our coach gave an opening speech about the importance of presentations in the practical life and sharing his own experience with us... then he told us about the expected road map. First he gave us a few lectures on how to use body language, how to prepare and deliver good presentations, etc...then it would be my turn. We were required to give the following :

- I. Introduction about ourselves and our families for 2 or 3 minutes on stage,
- II. 2 presentations of 3 minutes on topics given 2 minutes before the presentation.
- III. One proper short presentation of 15 minutes with slides from the projector for which topic will be given one week in advance.
- IV. One long presentation of 25-30 minutes with slides from projector with topic given 2 weeks in advance.

Now came the day we had to give our introduction on stage. I remember, sitting, freezing with fear in my chair. What will happen now? All terrible things I was picturing, of course, that could happen. I wasn't even watching what was happening on stage. Suddenly I heard someone calling my name on stage. A wave of fear ran through my spinal cord, that made me more fearful almost paralyzed.

Again my name was called this time some students started looking at me like “What’s wrong with him?” I just stood up slowly and started walking toward the stage. Then suddenly a thought came to my mind. Why don’t I tell them about stammering? They are going to know anyway. At least they will know what is going on with me. I was still a bit confused whether to say this or not.

Anyway I reached the stage. I thought what avoidance strategy do I have? Lets try something else. What have I got to lose? They will find out anyway. So I started my introduction by telling everyone I was a person who stammered, explaining what happens sometimes when words get stuck and just don’t come out. I was surprised to see the reaction. Our coach was very supportive. He said he appreciated my courage to come on stage and share my deepest problems with all. He said it was not an issue even if I stammered. I would be judged and marked on content of my speech and I would be given extra time if required. That gave me a strange feeling, a sigh of relief. I was no longer afraid. It felt a big burden was off my head and chest. No more pressure to hide my stammering. Everyone already knew and it was ok to stammer in front of everyone and nobody would make fun of me. That changed how I felt immediately and I felt more relaxed.

This was the first time in my life I felt it was ok to stammer.

So the results were amazing. I gave good presentations and what was most surprising was that I did not stammer much. This was something new for me. There I was in front of the whole class on the stage in the spot light, but not as much stammering as I expected.

No huge blocks and not much repetition of words. One problem I also encountered was that I was thinking so much about the topic and collecting ideas I almost forgot how I would speak or that I will stammer. My conscious mind was busy doing the job it was supposed to do: that is contemplating ideas. I no longer had the opportunity to be conscious of my speech or judge how I was talking. Work for my conscious mind had also increased due to the fact that although I was educated in English it was still my second language. I was only 20 years old and I wasn't as proficient in English as I am today. So I had to literally think in Punjabi or Urdu which was the language I used to think and translate it into English, as all presentations were in English.

Since my conscious mind was occupied, it could not get its usual opportunity to judge and interfere with my speech. Last thing was no pressure or fear to speak, as my coach and class showed much support. So all these factors led to minimum stuttering during presentations (I am analyzing now in retrospect and I did not know all these things at that time... as I believed at that time stuttering cannot be cured).

At the end of my last speech I thanked the whole class for their support. Surprisingly I got good grades in my course, which I had never dreamed was possible, even in my wildest dreams. I could not remain without sharing with the class that I stuttered less than usual and I didn't know why. My coach answered "Maybe sometimes the blocks are only in our mind." Surprised as I was, due to this whole experience, and yet I couldn't understand why I stammered less while speaking on-stage, which is my worst fear on the planet.

This was the biggest positive event in my life relating to stammering so far and I said it is possible that I stammer less under certain conditions but did not know what and why?

Ray of hope: Speech Therapy

My “Presentation Course” made me realize it is possible to reduce and manage stammering. It made me think at least I should do something about it. So one day I was reading a local newspaper and saw an ad saying “it is possible to cure stuttering”. I was skeptical, as I knew for sure there is no cure, only management.

And there are lots of quacks ready to make money due to deception and fraud. But one thing struck me in the ad that the person was a qualified psychiatrist. So I decided to at least pay a visit to him. What is there for me to lose? So I went to see him. It was not a clinic but to my surprise I was sitting in the therapist’s drawing room. So when he came he told me he does private consultancy for speech therapy in home as it is a more relaxed environment.

I asked him about himself and his qualifications. He assured me he was a certified speech therapist and psychiatrist. He said that sadly there was no awareness about stammering and he had to post an ad. Anyway, after my introduction I asked him directly what was the cause of stammering? He replied to me there are many theories in the academic world which involve complex terminology and concepts in different research papers which are difficult for a layman to understand. He said the most important thing is what can be done about it. He told me if I allowed him could he make a recording of my speech? He

would like to play it for me after the speech therapy was complete. So far he looked like a knowledgeable person and reasonable. He told me he was not giving me assurance that speech therapy is a cure but rather management of stammering.

Anyway, I agreed to the recording. He started asking strange questions that were even offensive to me at that time. I don't exactly remember all questions but I remember one question roughly. The question was why I lived in Islamabad (I lived in Lahore whole my life and never went to Islamabad which is capital of Pakistan) I stammered severely to strange and odd questions. After recording, he apologized that he had to ask odd and aggressive questions as stammering increases under stressful situations.

Speech therapy started in sessions. I will not go into much detail, as most people are aware of it. He started with usual prolongations exercises. Deep breathing exercises followed. Then reading exercises to start sounds softly and with prolongation, pause after 4 words, etc. and speed about 30 words which was gradually increased to 100 words during the span of this therapy.

My speech therapist also informed me that to do speech therapy successfully I should also work on behavioral aspects, like interacting with strangers and other positive experiences to boost my confidence.

He also introduced me to a form of self hypnosis and meditation mixture. It went like this: I should close my eyes and relax and take deep breaths by inhaling through my nose; then stop inhaling for ten seconds and exhale through my nose.

After repeating this exercise 5 to 10 times until I was fully relaxed, he asked me to visualize a huge number 3 of any color... say "off white" and there was complete darkness around me except the light of huge 3... its light was entering my body, relaxing my abdomen. Now slowly it was increasing in size and it became huge. Now my whole abdomen, legs, arms and chest were relaxed as much as possible.

I should repeat this imagination 2 to 3 times, then the scene changes. Now I see 2 of any color...say "green". Now I do the same thing with green, 2 only. It relaxed my head completely. In the end there would be only 1 of any color... say "pink".

I repeated the same exercise. Only this one would relax my whole body. Once I hit some alpha or beta state (I don't remember) my mind could not differentiate between actual experience and my imagination. Now I had to think that I was in a situation that made me afraid to speak: like giving a presentation.

So I am giving a wonderful presentation with full flow and energy. I have the full attention of the audience and they are applauding me. I had to be ACTUALLY there in my imagination like I can see people with my eyes and I am actually giving a presentation. Then I did it for approximately 10 minutes and then once done, count from 5 to 1 and open my eyes. I thought it was some sort of self-hypnosis. He told me to say positive affirmations also in that state. Like "speaking confidently without caring what people think", etc.

These other techniques which addressed behavioral and emotional aspects did have a positive outcome. It did help me understand that if I

stammered it was okay. It was not the end of the world. I should not care about what people say, so my confidence can increase.

There is one point I would like to make. During my speech therapy I started reading some personal development books and at some internal level I started to believe personal development books and knowledge could help me in stuttering.

Some of the worth-noting books that I read included “Seven habits of Highly Effective People” by Stephen R. Covey. Then came “Awaken the Giant Within” (an excellent book by Anthony Robbins, a famous motivational book regarding change.) That book changed my thinking. In that book Anthony Robbins talked about limiting beliefs, perceptions, vocabulary of success, metaphors and many things. I would highly recommend that PWS read that book.

Then in that list of noteworthy books was also “Unlimited Power” by Anthony Robbins in which he talks about NLP (Neurolinguistic programming) and how we can overcome fearful situations by changing the content of our experience. A wonderful book. So these books also helped me during my speech therapy as they widened my horizon and thinking patterns and helped me a lot in different aspects.

At the end of therapy I could speak without stammering, I must admit. When I went through a fluency shaping speech therapy I found I could speak stutter-free with speed of about 100 words per minutes, pauses and prolongation of words. But it was robotic, monotone, and emotionless...so that my brother called it “unnatural.”

I was fluent but I lost my freedom of expression, my tonal richness, my emotional depth. I felt like I was speaking just for the sake of speaking but I could not express myself. There were no emotions of excitement, curiosity, surprise, joy, sarcasm, and no rhythm, no tone. It was like killing my inner core voice of expression.

When I talked to my speech therapist about it he said it was only a temporary phase and that once I kept on talking like that, I would regain confidence and I could increase the speed to 130 words per minute and increase the pauses from 4 words to 8 or 9 words. It would replace the old habit of speech with a new one. But I faced multiple challenges:

- i. I had to remember I have to speak while applying things I learned about fluency shaping techniques. Deep breath, prolongation as much as possible, pauses, speaking slowly. I had to remember every time I opened my mouth to speak 24 hours a day 7 days a week. I forgot more often than not
- ii. I had to do all those multiple tasks and focus on what I wanted to say and how I would say that. *This meant no spontaneity* which is so crucial
- iii. I could not speak in all situations for a long time. Like I cannot tell a joke, I cannot be sarcastic, I cannot express my excitement. Speaking was like reading from a dull ancient book written by a person completely dead from inside who wanted to repel every human being. To say the least, it was emotionless, monotonous with the same pitch throughout.
- iv. I had to constantly judge myself while speaking. Am I speaking in the “correct” way? Is my speed manageable? Are my pauses

correct, am I taking deep breaths, am I prolonging every word? If there was a block, what was I doing wrong?

- v. First I was feeling “what will people say when I stammer?” Then I was concerned what people would say about my robotic way of speaking 😊. So one of the reasons I wanted to speak stutter-free was not to look odd-one-out. If that reason is already there what is the reason to go through all these efforts?
- vi. Life is not predictable. Sometimes I had to get angry and speak. That stutter-free talk did not support that mode of talking so what should I do? How do I express anger? Maybe I could send the person in front of me a SMS on the phone and make an angry look so that he would know I am angry?

Therefore I was in a conflict between speaking stutter-free or speaking naturally. My will to express myself won the fight and I went into a relapse. But as I had addressed some of the behavioral and emotional aspects as I mentioned above, it did give me many improvements. Even when I relapsed, my extent of stuttering had reduced from severe to medium or sometimes mild, depending upon stress and other factors.

Severe stuttering was rare now. So I did get some benefits of fluency shaping technique and therefore I am not against fluency shaping techniques, only the approach. Too much focus is placed only on the physical aspects of speech, which seems least important (instead of the negative or disempowering mindset which I will describe later.) Fluency shaping should be the second step if needed after the change

of mindset. Anyway, I did not go to speech therapy again after my relapse.

My first Job as audit Internee

I passed intermediate stage of Chartered Accountancy Exams and the next stage was practical training for four years. I was to join a registered audit firm and get trained by performing actual audits of the clients. So basically it was sort of my first job. Although I had the security that it would be for four years and my termination would be difficult because there were three parties to it. Institute of Chartered Accountants of Pakistan (ICAP), my audit firm which was to give training to me (under by-laws of ICAP) and me the trainee student. My security came from the fact that if my firm was not satisfied with my work they had to prepare a formal case and submit to ICAP which would then give me opportunity to hear. Since I joined one of the Big Four Accountancy Firms, Ernest & Young, they had huge reputation to protect in the market. In short I had more than usual job security which gave me a bit of comfort in the back of my mind . That security plus the speech therapy which I had with its positive impact resulted in my stammering growing more mild.

My job was not the usual office job. It involved not only lots of talking but even being assertive which I found really difficult due to my limiting

mindset of stuttering. I had to go to different clients, ask for financial information and then based on information had to get complete understanding of the financial and operating systems which required lots of interactive questions, explanation, follow up questions etc. Sometimes if the client seemed reluctant I had to be assertive and had to insist on his giving me information. Then I had to verify the figures flowing in the financials, asking sometimes-discomforting questions of my client. In short we were normally welcomed by the client 😊. Most dreadful was the review of my work by the job in-charge supervisor and manager and worse was the Partner or CEO of the firm. It was like they had to check if I performed work correctly. It was not like a friendly sort of review. It was like they were typical “Bosses” waiting for you to make mistakes so they could thrash you for that, this “thrashing” they called the polishing of students 😊.

Anyway this experience was what the doctor ordered. I was a shy, sensitive, introvert and silent sort of guy who was too nice to be assertive and aggression was, in most cases, out of the question. This job was opposite to my character, severely limited by my stammering mindset. I had to do lots of talking which I was not used to. I had to explain lots of things during my internal firm review which I had covered in my work.

Senior staff asked me lots of questions to which I had to satisfactorily reply. But that job forced me to speak. I had to meet different people at different clients, be part of different teams, different job in-charge supervisor and manager. Our firm had about 200 staff strength and about 1000 clients. In short I performed maybe 25 to 30 different

assignments during my 4 years of training, met hundreds of different people and did lots of talking. This helped to reduce my fear of talking and made me more confident. I was no longer shy and afraid to speak. I felt much better. Although I had my worse days when I stammered severely when under tremendous stress and pressure, but mostly I continued with mild to average stammering and was able to communicate my point of view. My stammering did affect me but it was no longer a hindrance in my life.

My Engagement and humiliation

After I completed my four-year articles I worked in a bank. Then I moved to Khobar, Saudi Arabia where I joined a medium size audit firm. My stammering was going up and down and it was just ok. Then came my engagement. I got engaged to the sister of my brother's colleague.

It was an arranged marriage with consent from all parties involved. But my fiancée's father did not show the usual support for my character, or for my stammering. It was like he was trying to find as many faults as he could and attack and humiliate me in front of everyone. Due to one incident (which is long and irrelevant to context of stuttering here so I will not go into detail) I went to him and talked to him with great assertion in front of my brother and his two sons. First time in my life I spoke from my heart, my inner self. I amazed my own self that I could speak with such flow and confidence. I hardly stammered.

My brother was amazed to see me talking like that. Anyway to cut this short, my father-in-law thought I had humiliated him in front of all.

So one day he took perfect revenge on me. We were all having lunch in a restaurant, all happy and cheerful, when suddenly he asked attacking questions. As I said, it was hard for me to be assertive and to be aggressive was out of question... especially in front of all. He asked questions like my job, salary, etc., and then came his trump card: my stammering.

He suddenly talked about my stammering in a pitiful way like I was a person with a disability and he showed huge pity to accept me as his son-in-law. This really humiliated me and I could not be aggressive which I should have been. My brother swooped into the conversation and changed the topic and saved me. But that experience of humiliation brought back the earlier experience of my childhood. It was like all my issues were back on the surface. Suddenly I started to stammer severely.

It was like John Harrison (in his book "Redefining Stuttering") says: One trigger brings back the whole past experience and its feelings. Anyway, I used to talk to my fiancé and she also brought up the issue of stuttering, as her father had done. I stammered severely and suddenly talking on the phone became a great challenge. Anyway I did not give up. Positive thing was I continued talking to her on phone for hours and I regained my same level of fluency after a few days.

Anyway the positive development was that my engagement broke away after a few days and I felt really relieved as I was not happy and comfortable and due to certain other issues which are not relevant in context of stammering.

My Journey towards finding my own inner voice of Expression

A new discovery and paradigm shift

I continued my search for stammering on the internet. When one day I came across a book called “Redefining stammering” it was written by John Harrison who claimed to be a PWS but dissolved his stuttering. I was skeptical at first. How is it possible? As far as I know, stammering is for life and it cannot be dissolved. It seemed to me like a very exaggerated and bold claim. And the book was huge: more than 600 pages!

Anyway I thought “Lets read him out and evaluate what he says. A man who is writing such a huge book might have something that is relevant to me.” So being a bit skeptical, I started reading the book. As I went through first few chapters I was shocked to my core. Never had I listened to such things that were so relevant and yet so simple.

I read the Hexagon and it just clicked with me. I realized that whatever I was told and whatever I believed about stammering was total nonsense and far from the truth. I immediately knew this man is telling the hard truth. I was so excited that I read the books for hours whenever I was free from work. I finished the book in just 4 or 5 days. And bam. There it was, all that was experienced by someone that I had been looking for all my life.

No academically accepted complex buzz word theories relating stuttering to some X and Y genes or putting it to physical defects that need to be cured. Just relevant observations and a simple model comprehensively defining stuttering.

It was actually as Stephen R. Covey in his books “Seven Habits of Highly Effective People” states: a “paradigm shift” in perception and thinking are required. No longer was I seeing stammering as an alien concept with unknown reasons but ones I could define and validate in simple laymen terms. I also read statement of many PWS like Alan Badminton, Anna Margolina, etc., who found their own voice saying similar things but using a vocabulary. It lead to me think “Boy, if they can do that so can I.” That one belief changed my focus from fighting and focusing the “Cause” and having quantum and huge impacts rather than fighting and focusing on “effects” the physical and emotional side created by stammering itself. I started questioning my own beliefs and perceptions. I felt much better. I know it wasn’t the end but actually the beginning of a totally different journey, a journey where I could actually address the stuttering after an entirely new model, a new way of thinking, a new paradigm. I know as Anthony Robbins puts it in “Awaken the Giant Within” continuous and never-ending improvement or CANI. I need to keep on building on the right base to complete this jigsaw puzzle named stammering.

Missing link

I continued to increase my knowledge about stammering.

Recently I came across a wonderful book by the name of “Speech is a River.” The title of the book was striking. It was only then that I discovered a missing link, a missing piece to my jigsaw puzzle of stammering. Ruth Mead compared speech to a river which flows automatically without any physical hindrance. Speech is a complex combination of mind, vocal cords, tongue and lips produced

automatically by the spontaneous unconscious mind, without requiring any physical control by our conscious mind. If you try to control your speech you will disrupt your natural process of talking.

This was yet another discovery. All my life I thought more control meant less stuttering and vice versa. This changed my fundamental belief about how to speak.

My second discovery was that you can't judge yourself (how you are speaking) at the moment you are speaking. You cannot be creative and critic at the same time. Speaking is process in flow. If you focus on "how am I speaking? Am I speaking fluently or not?" fluency will go away. If you focus on not stuttering you will focus on stuttering and what you will get is more stuttering.

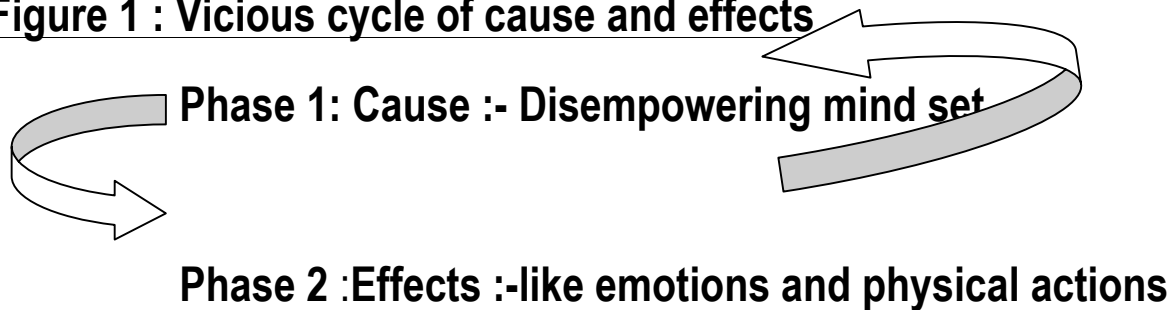
An example is given by Anthony Robbins in his great book "Awaken the Giant Within" like if someone asked you to close your eyes and ask you NOT to think about the color red, what will you think of? The color red. That is just a fact. So look in the direction where you want to go and not in the direction where you don't want to go. Let the natural unconscious mind do its work. The conscious mind has other things to do other than think about the mechanics of speech.

A new Empowering mindset replacing old Disempowering mindset

I came to know that I need a new empowering mindset that will replace my old disempowering mindset. I discovered that until I change the way I believe, how I perceive, how I feel, I will not get the results I want.

In my personal view there are two dimensions or phases of stammering. First phase is the contributing factors leading to a confusion or noise in our mind, which I call Disempowering mindset. This has to be replaced by the Empowering mindset. Both are defined below. The second phase of stammering is actually that effects of stuttering (like feelings.... and physical actions like shortness of breath, tension in muscles etc.) But this second phase of effects, in turn, strengthens first phase of mindset...making it more disempowering, making an endless loop or vicious cycle, both cause and effects supporting each other.

Figure 1 : Vicious cycle of cause and effects



Here is what I came to know was my old disempowering mind set encouraging stammering:

A. Disempowering mindset

Disempowering mindset is based on disempowering beliefs and perceptions as follows:

1) Disempowering beliefs

As defined by John Harrison a belief is a statement which we hold true and do not question anymore. Most of the time we may not even be aware of our beliefs. Belief may or may not be true. If I believe I can, its true. If I believe I cannot, it's also true. One source of beliefs is our past experience and how we interpret it that is good or bad. Second source is our teachers and parents or so called "Experts" in the field, whom we respect and whom we trust whose word we take as truth. That's how we learn as a child, building on beliefs. Some of them can be disempowering... meaning they might not be true and are harmful and detrimental to our cause. Here are mind disempowering beliefs:

a. Recovery and natural voice

Stammering is a permanent disorder. There is no cure, no help, no solution. No one knows its causes. Maybe the cause of stammering lies in our genes, which may be validated by the fact that my brother is also a stammerer, but he was lucky to overcome his stuttering without any therapy. He does not know how.

Maybe his genes were weak. I am the unlucky one. Why me? Why I am a stammerer? I will always stammer no matter what I do. As Anthony Robbins said in his book "Awaken the Giant Within": you should always avoid "Learned helplessness" which means your weakness is permanent, pervasive in your life and personal meaning...as if it's all the fault of your character or genes. This learned helplessness is such a negative state of mind. It leads you toward

despair and your life becomes miserable. So I am a victim of stammering and there is nothing I can do, its pervasive in my life and maybe my genes are the cause of that curse.

b. Limited or narrow Self image

Self-Image means how you see yourself. It's like these huge beliefs about yourself. How you define yourself and other beliefs you may or may not be aware of. My self-image was: "I am a stutterer". (Meaning stuttering defines who I am). I have low confidence to speak. If I could just defeat stammering my life would change dramatically. I would do this and that. I could conquer the world only if I was not a stammerer. I am a shy, introverted sort of person. I cannot talk, due to stammering. It's such a shameful and ugly thing. I am guilty of this crime call stammering. I feel that what others think about me is derogatory and maybe they are justified.

c. Speech produced by conscious mind

A false belief: Speech is produced by the conscious or analytical part of the brain with no link to bigger subconscious mind that controls automatic function like heart beat. Therefore I should think of every word that I have to say and how I will say it. Think before you say it. I have to rehearse exact words in my mind before saying anything. No spontaneity is possible in speech. Related to that was the following belief:

d. Judging myself while talking

Another false belief: I must be conscious of my speech and every word I say if I am stammering or not and if I am stammering what is the extent of that... is it mild or severe? There should be constant feedback while I am talking. Related to that was the following belief:

e. Control of speech only cure

If I become conscious of my speech and control it, I will control stuttering . More control of my speech means less stuttering and vice versa. There is something wrong with how I speak. There is something wrong with my breathing, I am short of breath, my muscles get tense so if I could just relax and control the way I talk and rehearse words coming out of my mouth and slow down, I may recover.

Phobia to speak

Speaking is a laborious work. It just makes me tired. When I speak I am out of breath my muscles are so tense. Its like I am fighting with myself. As John Harrison says: Intentions can be mixed...operating as two forces in opposite directions. My fear of speaking goes in the opposite direction of desire to express myself. I believe I should remain silent as much as possible.

f. Reasons for Blocks or Holding back

I don't know why I block. Sometimes it's there, sometimes it's not. It magically comes and goes. One false belief: Somehow control of speech is the only answer to blocks and one day they will go somehow or I have to live with them.

g. Perfect fluency Obsession

I must speak with perfect fluency. No mistakes. If I block on any word its so terrible, all my hard work of control is gone. It's feels like the end of the world. I wrongly believe: "If my speech is not fluent, I must control it to be fluent. There must be something physically wrong or I wouldn't stutter."

Covert stuttering

Since it's so awful to stammer and so difficult to speak, I should try to substitute the words that I believe are problematic. I have a complete list of those words stored and I am always filtering myself for problem words. So I wrongly believe I should substitute safe words for problem words. Hiding is better than struggle and humiliation.

h. Victimization

False belief: I am a victim of stammering. I should blame it on my circumstances and live with it. I should avoid phone or confrontational situation or assertive or aggressive situations because they require fluent speech and I am a stammering person. If such a situation arises I should find some avoidance technique out of it.

2) Negative perceptions about people and world

Perception is how you interpret a certain situation or life event. These are the filters through which your mind processes all the information received through all five senses and then attaches meaning to it. It's like the lens camera through which an image is captured. If the filters and lens are not correct you are going to get a distorted image. These are like your personal opinions and generalizations. Following are the negative perceptions leading to negative mindset:

a. What People might think

I worry about what people might think. When I speak, people are judging how I speak. I wonder what will they think if I stammer.....that I am an inferior person who cannot do a simple task as simple as speaking? They might laugh at me or get irritated. And many beliefs like this are detrimental to my self image.

Urgency obsession

People cannot wait for me to complete my sentences. I am wasting their precious time. What a pity he is still listening to me. Maybe he is thinking "When is he going to end the sentence?" Maybe he has lost interest in my conversation. Maybe he is not even listening to me. Why can't I just say the words? I should just somehow force words out of my mouth and get it over with.

b. Picturing grotesque or gloomy future events & worrying about them

What will happen in that next important meeting? If I stammer, how terrible it will be if people laugh at me. I am actually picturing myself again and again having a big block and trying to force words out of my mouth. That event is not happening and yet I am imagining the worst possible scenario in my mind and worrying about it.

c. Negative past experiences creating speech phobia

Past experiences like in school when I used to read and some made mimicry of me and my whole class started to laugh and I cried so hard. I can remember the shame, guilt, anger, and sadness prevailing. If I can't do it in the past, how can I do it in the future?

d. Girls don't like stuttering men 😊

I deal with beliefs like: Girls don't like to talk to people who stammer. They will make fun of me. They like a person with nice body with six packs (although it's a big attraction, if not a pre-requisite) and most importantly fluent speech (this is a pre-requisite). It's a miserable thing that I am a stutterer. I should stay away from girls.

New paradigm of Empowering mindset

As Ruth Mead writes in her book "Speech is a River," once you become aware of your limiting beliefs and imaginations, they vanish... like imagined bogymen vanish when she turned on the light in her childrens' room. My bogymen was my disempowering beliefs, which I

became aware of in “Redefining stammering” by John Harrison and “Speech is a River“ by Ruth Mead. I could relate to what they were saying, except that I had to be aware of my limiting beliefs, which I identified with. So maybe there is a similarity in the limited mindset in all the people who stammer. I am not sure about that. This you have to notice for yourself. This empowering mindset is in fact a new paradigm, a new way of thinking, believing and perceiving.

My new empowering mindset replaces my old disempowering one. My new mindset is based on empowering beliefs and positive perceptions as follows:

1) Empowering beliefs

a. Recovery and natural voice

So many people I know have recovered from stammering or found their natural voice of inner expression like John Harrison, Ruth Mead, my brother and my colleague (let’s call him Hamza) who told me he was a stutterer too but now his stammering is mild or mostly gone. I asked him “What did you do to get over stuttering?” He replied: “I don’t focus on what to say. I just say it.” I thought, “What on the earth is he saying? How can you speak if you don’t focus on what to say?” I did not believe him then. I thought he got “lucky” like my brother 😊

If so many people can find their voice, I can also find mine.

When I say “right direction”, I mean, “what works for me.” It means instead of inventing the wheel myself, I will just read and evaluate what has worked for the other people in the past and simply test if it works

for me by doing following: (Anthony Robbins says this technique models success, as it shows you direction and saves time and money.)

- i. Find what has worked for others, like books, articles, etc.
- ii. Think over it and understand it,
- iii. Match this with my own observations and past experience to see if it validates it or not.
- iv. See what happens if you try to apply it on yourself, see if it works for your stammering or not?
- v. Refining and improving as Anthony Robbins calls It: “Continuous and never-ending improvement” or CANI.

b. Expanding my Limited Self image

I am not a stammerer but only a person who stammers. It's just a behavior. This one aspect of behavior does not define the whole me. I am also intelligent, passionate, funny, warm and friendly. If I find my own voice, its only a behavioral change leading to better communication. In “Redefining Stuttering”, John Harrison says about self image: ”For one thing, we might postulate that most of us have a self-image that constricts us. During my many years with the National Stuttering Association, it has been my impression that most of us who have grown up with a stuttering problem are stronger personalities than

our self image will allow — more opinionated, more emotional, more excited (and more exciting!), more turned on, more responsible, more authoritative (and also, less perfect and less nice) than we ever dreamed we could be”.

Therefore expanding my self-image means to remove all the limits and all constrictions placed on myself.

c. Speech is a River

Speech is automatically produced by my unconscious mind, like my heartbeat and breathing. It's too complex to be handled by my limited and small conscious mind. If I just trust my unconscious mind to automatically handle the mechanics of speech, I will succeed because this is how nature “willed” it.

Let the river of speech flow without confusion

I must only be conscious of what I'm saying...the role of my conscious mind; letting my natural ability to speak do the rest. The conscious mind should be a guiding light for my thoughts rather than a constant critic on how I speak.

d. Letting go of limiting beliefs only cure

I should be aware of all the MAJOR limiting beliefs about how I speak and why I stammer and challenge it by my own observations, logic and question: “is it true?” Where is the support that proves it is true?

e. Speaking is fun and the purpose of speech is to express one's own voice

Speaking is my way of communicating to other people how I feel and how I see things. Speech is one of the greatest gifts of nature. Effortless speech is fun and not laborious 😊

f. Holding back

Due to unwanted involvement of the conscious mind I become a control freak (at least when it comes to the mechanics of speech) and mess up my natural way of speaking.... leading to distortions and holding back. My limiting beliefs are the source of holding back... not a magical block that comes out of nowhere. As John Harrison says "Mixed intentions...one intention being 'intending to speak' and the other intention being 'fear of speaking, leading to paralysis.' The only solution is to let go of the control and fear of stammering by not judging how you are speaking. Instead, stay in the moment.

g. No such thing as perfection in fluency

There is no such thing as perfect fluency. The important thing is that if I can express my own voice whenever I want to, in the manner I want to and as much as I want to. I am satisfied and it's okay to stumble while speaking. This is just an impossible standard as nothing can be perfect and there is always room for improvement ;-)

h. Finding opportunities to speak

I should find the opportunities to speak and increase my positive experiences to increase my confidence. I might hold back sometimes.

2) Positive perceptions.

a. Don't care what people think

I don't care how people think. It's their own business. I can't control that so I am only concerned about what's in my power. It's okay to stammer in front of people. 😊 It's ok. Nobody speaks perfectly, even fluent people don't speak perfectly. If I do hold back I should smile and move forward and take it as a learning opportunity rather than believing it is the end of the world.

b. Perceptions are just reflection of reality and people can wait

Maybe what I think about people may not be correct. Our perceptions are made up of what we see (our vision) and what we imagine....not reality itself. Maps are not territory. Maps can be wrong. All people are not the same and they can wait if I stumble here and there. It's not the end of the world if I stammer in front of a stranger.

c. Living in the present moment

I believe in myself and I can handle every life situation relating to speaking because it's only natural to speak. Live in current moment and enjoy it. Worrying about future does not solve anything. Sometimes it's not what as we expect and good things happen all the time

d. My Past doesn't equal my future

I just wish I had read “Redefining stammering” and “Speech is a River” 10 years earlier 😊 but its ok. It's never too late. I can build on my future positive experience and learn from my past mistakes. I will never go back to my disempowering mind set, no matter how much pressure and stress there is . I have to observe and question my beliefs and one day they will be part of my natural behavior.

e. Girls like wise and smart boys 😊

Whatever I have learnt from a disempowering mind set, it has made me wiser.. And girls like wise honest guys rather than faked masked boys pretending to be someone else. If I can communicate naturally and effectively, I will be ok 😊

Now its time to answer the questions that I stated at the start in light of the Empowering mindset above .

Answers to Important questions using the mind sets

1. Is stammering a physical defect ?

Question :

If there is some physical defect in my speech like a defect in my brain, my vocal cords or my speech-producing muscles, why isn't it consistent and permanent? Why can I speak without stammering sometimes (for example alone), no matter how brief a period of time?

Answer

Above question is like a person who visits a specialized doctor like Orthopedic surgeon and explain his problem: "I only limp in front of people. Walking is so difficult but I can walk without a problem and even run when I am alone and no one is watching me. Why is that?" and the doctor replies: "Well, I don't know the cause of your problem. There are many academic theories explaining that limp so It's not that important for you to ask me as I am not sure myself. There is no cure for your disease. I can only recommend a prescription to manage it which is that you just be careful while walking, take deep breaths, relax your muscles, and walk very slowly one step at a time. If you do it for a long period of time you will hopefully manage your problem. Come to me after one month."

Will you believe the doctor and follow him blindly?? You will not think "if that's a physical problem why is it not the same whether I am alone or around other people? Why don't I have a limp when I am alone? Maybe my doctor is missing something."

Why don't we do the same in the case of stammering and believe the so-called Experts?

Ruth Mead calls it a "900 pound Gorilla" in your living room and everyone sits around, pretending to ignore it.

Physical actions like blocking and holding back are only the result of the disempowering mind set, as stated above. Once we let go of the conscious control of the speech and let our bigger automatic

unconscious mind do the work, there will no longer be any force working in the opposite direction (like fear , anxiety stress etc.)

2. Why do most children who stammer recover automatically in teenage years?

Question

Why do most of the children who stutter become fluent when they enter their teenage years WITHOUT ANY THERAPY? I read somewhere the estimate is round 70% of children become automatically fluent in their teenage. Question is how do they become fluent without any form of therapy?

Answer

When children grow older they start to realize they need to stop the control of speech by the conscious mind and give it to unconscious mind. This is not done consciously and most people don't even realize what they did and how they dissolved stammering. it just happens to them. As Anna Margolina in her article The Science of Fluency: writes:

“In 2011, I came across a fascinating article, which shed light on this issue. The article titled “Simulation of Feedback and Feed-forward Control in Stuttering” discussed the possibility that stuttering was caused by a different method of quality control in fluent people than in those who stuttered. [7]

The authors focused on two primary methods of speech control in the human brain – feedback and feed-forward.

Feedback requires constant auditory monitoring of produced speech. Such monitoring is crucial for language development. An infant first listens to the sounds of speech, all the while building a sound database in the brain. Then the infant starts babbling and producing a wide range of sounds that are matched to stored sounds in the brain.

Every time an error is detected, the position of articulators is corrected and the new sound is matched to the “correct answer.” Such error-based monitoring allows an infant to adjust movements of the tongue, jaws and lips to the point when they can produce the correct sound.

The same probably happens with grammatical structures. As a child speaks, his or her brain detects mismatch errors in the sentences structure and adjusts signals accordingly.

But fluent speech requires a different method of control, called feed-forward due to its high rate and complexity. This type of control is the prerequisite for fluency and is not error-based. The brain monitors signals (commands) as they are sent to the articulators with only a minimal control of the result. The commands are so well learned that they can be trusted to produce the result without constantly checking for errors. According to the authors, the sequence in this model is as follows: 1. Tune feedback control system during babbling (self generated speech sounds), 2. Learn an auditory target, when a new sound sample is present, 3. Learn a feed-forward command for the sound by practicing its production.

The authors hypothesize that in people who stutter, feed-forward control is weak, so feedback remains the dominant form of speech

control. They note that stuttering usually starts around the time that children start switching from feedback to feed-forward mode “

“They also demonstrated that feedback control can be cancelled by the introduction of white noise. White noise makes auditory feedback impossible and encourages a reliance on feed-forward control. This phenomenon has been long known and is used in some fluency enhancing devices. The loud noise prevents those who stutter from hearing their own voice. In most cases masking out the person’s speech magically extinguishes stuttering. The authors believe that their theory also explains why stuttering more often occurs in the beginning of the speech or word.

Feedback control is useless if speech has not even started yet and attempts to monitor something that isn’t there may result in a perceived “block”. (I imagine this as hesitation that occurs when someone who is not very physically fit needs to jump a wide crack. If you jumped many cracks before, you can just do it. But if you are unsure where your feet will land and you know that you have no way to control this after you make the jump, you may feel pretty much blocked.) This idea confirmed my own observation that fluent speech feels different from stuttered speech. It also seemed to agree with John Harrison’s article, “Zen and the Art of Fluency,” in which he compared fluent speech with the effortless but precise performance of Zen archers, who could hit the target without consciously aiming.”

So this also confirms that those who cling to feedback that is consciously judging their speech for stammering.....instead of feed-

forward system....get trapped in the loop of creating and judging at the same time as I defined above in my disempowering mindset.

3. Why does stammering increase in stressful situations?

Question

Why do I stammer more in more stressful situation like talking to strangers, when i have to convince even my close friends in a heated argument, when i know i would say something the other person will not like, or when in the spotlight (like in public speaking) when everyone is looking at you?

Answer

One belief that PWS normally have is that speaking is a special performance for which everyone is judging you. This is highly stressful. When you are concerned with what people say if you stutter is also highly stressful. So we know that beliefs definitely affect behavior. I believe someone is judging me, I tighten up, I stutter more. Moreover the impact of past experiences and pressure leads to a state of panic. causing physical response.

4. Why are there certain words in my mind that I think I will stammer....but not all words are problematic?

Question

Why are there problematic words in my mind that i know i will stammer on....but not all the words? Very rarely can I speak such words fluently, without stuttering.

Answer

When I try to control my speech, consciously thinking about certain words....how to say those words....we know this conscious control affects muscles, affects bodily movement,, affects action. The fact that we can't say these words shows us that they are not problem words but we "BELIEVE" them to be such. Our list of problem words increase with the passage of time.

5. Why do some distraction techniques like moving fingers work for a few people?

Question

Why do avoidance techniques like moving your legs or pinching your fingers relieve us of stuttering temporarily even in stressful situations?

Answer

Every sort of physical distraction technique means involving our conscious mind to perform such tasks simultaneously with speaking. For example moving fingers, moving leg etc. more powerfully involves our conscious mind. But the impact of such techniques are temporary because once you make it a habit, your conscious mind is no longer involved.

6. Why do some electronic devices which produce a noise or delay auditory feedback work for some PWS

Question

Some PWS benefit if they cannot hear what they are saying, Why is this?

Answer

The answer has been given in the answer to question 2 (automatic recovery of children in teenage years), above.

Start of new Journey

I would like to say that my journey for dissolving stuttering has just started. A journey of thousand miles start with the first step. This first step was for me to define my Empowering mind set. This is not completely inclusive and I will try to add and expand it as time passes. I also believe in continuous and never ending improvement. We learn, we observe, we ponder and we grow. I have been exposed to some tremendous database of collective knowledge of PWS: their journey to recovery, which they discovered after lots of hits and misses. We are an information age that has access to such information, never available before.

I would like to thank all PWS for creating a knowledge base in the group “neurosemanticsofstuttering” in yahoo groups. It has been immensely pleasurable and one of the best groups so far I have seen on the internet where PWS are guided and encouraged. I might never have discovered that path if it had not been to this fantastic group. These people are truly a source of inspiration for me and I take them as my role models. There are many free books on stuttering that can be found at <http://www.neurosemanticsofstutteringpublishers.com>.

Invitation to observe yourself

In the end I would like to say what Anthony Robbins said in his book “Awaken the Giant Within”: “I don’t ask you to believe what I say and I don’t expect you to”. As we say in auditing “professional skepticism”: just go on and be skeptical. I invite you to observe yourself what is right and what is not. How can you find it out? Just apply it to yourself and see if it works for you. If it does, these observations are correct. So we need to look and keep on looking. As it is said “Seek and you shall find.” So unless you look, ask, and inquire, you won’t find new understanding. There is no magic pill or shortcut for you. The only way to go is to take massive action in the right direction and you will find what you have been looking for your whole life. I hope my work proves useful to you.

Good luck.

Muhammad Junaid Paul