

2<sup>nd</sup> EDITION

# STOP STUTTERING SHORT COURSE:

HOW TO BREAK THE STUTTERING CODE



By

**LEE G. LOVETT**

Author of Eight Stuttering-Related Books

<http://leeglovet.com/about/>

"If I can say ONE word, anywhere, anytime, I can say,  
and love to say, ANY word, anywhere, anytime."

Author's Trademarked Credo

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# I. PREAMBLE

This Book is Dedicated

## **To You**

(These are the most important words in this book.  
Memorize them and begin every day by reciting them.)

“Most of us go through life knowing only half of ourselves...  
So, we use only half of our abilities...  
We suffer –  
because we are strangers to ourselves.”

“We have free choice:  
to accept or reject thoughts.  
Nothing compels us to think anything except our own desires.  
Use your mental switch to dictate your thoughts...  
Believe that you can improve and you will.”

Frank S. Caprio, M.D.  
*Helping Yourself with Psychiatry*  
Prentice Hall, 1957 et se



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# INTRODUCING THE NEUROSCIENCE METHOD

“The Neuroscience Method  
is a disruptive speech methodology that  
attacks stuttering and speech anxiety.  
It is now enabling many to become fluent and  
to learn to speak in all situations.  
I am incorporating it into my therapy.”

Marjorie Rosenthal Fore,  
Speech Language Pathologist,  
M.A., CCC-SLP, BCS-F  
Rhode Island

-----

I have read many books on stuttering and therapy and have taken courses, and most were very disappointing. I've felt like I have fallen short with my students who stutter. Lee's book and program resonate with me. Conversely, I feel that I have done well to simply not compound the stuttering problem. Having now read Lee's book and viewed some of his coaching, I feel much better equipped to really guide my students in an effective direction. I have joined Lee's group of ex-stutterers and those becoming ex-stutterers and I am further educating myself on Neuroscience Methods, which have resulted in an incredible body of success stories. There does indeed now appear to be a light at the end of the stutterers' very long and dark tunnel. I am delighted to be a part of it and offer words in support.

Peggy Beaulieu  
M.A., CCC-SLP, Florida

# The Purpose of This Book

## Author's Foreword

Dear Reader,

For those with very mild stuttering, this book may be all that is needed. For most, however, this book will simply provide *a quick overview, an appetizer to the main meal, the detailed presentation of our methods, which is my book: How to Stop Stuttering & Love Speaking (HTSS&LS) and is presented even more definitively in the program that is offered by our speech-charity, World Stop Stuttering Association (WSSA), the world's only community of EX-stutterers and those fast becoming ex-stutterers.*

*For proof that these methods work,* see my book *Stuttering Stories with Happy Endings: 101 Real Life Stories*. Also, see the 200+ Stopped Stuttering Stories (SSS) that we have posted online at World Stop Stuttering Association and/or in our Speech Hall of Fame on Speech Anxiety Anonymous' website <https://speechanxietyanonymous.org/pwss-archive/>.

This Short Course gives conclusions without the detailed explanations. "Doubting Thomas" should *not* judge the *effectiveness* of our methods by what one learns *solely* from *this* wee summary. Judge us by our 200+ SSS and by our community of EX-stutterers – the

world's only large body of evidence that stuttering can be stopped by virtually all.

However, this book should inspire you (1) to read and study my aforesaid magnum opus, *How to Stop Stuttering & Love Speaking* and (2) to join *WSSA* -- a community full of those who have become fluent or are fast becoming fluent. *WSSA* was launched in 2022 by a group of my **ex**-stuttering students and two of my long helpful sons, Gil and Ken, and a grandson, Lee III (a practicing psychologist and certified hypnotist).

Indeed, most PWS will need more than this (or any) book can provide, by itself, and the *WSSA*-community provides all of this and more: Video lectures explaining and illustrating our methods (showing the healings step-by-step); over 2,000 hour-long coaching-video lessons; 150+ of Great Tips in 2-5 minute videos; a speech club (*SAM*) tailored to the needs of stutterers with regular Practice Groups; forums, blogs and/or endless tips and email-updates with new techniques and/or better explanations to keep you on the cutting edge of these methods, and, in some cases, private coaching by **ex**-stutterers who have been trained and certified to teach these methods. A podcast and cellphone APP are also in the works. This massive program available through **WSSA, an IRS-approved, 501(c)(3) non-profit corporation**, which I have agreed to serve as President, at least during its start-up phase.

*WSSA is my dream come true: A place where PWS learn fluency from each other and socialize and help each other in their journeys to fluency.* With all due respect to the much good done by speech professionals, they did not ever stutter and the few that did, still do stutter. Ex-

stutterers can simply better understand the problem and its solutions – the ways to stop stuttering and learn to love to speak, NOT simply accepting stuttering as speech professionals are taught to do.

WSSA loses a lot of money every month, and I fund the losses, as money has never been my/our motivation. We intend to keep WSSA's services available for as close to free as we can. To survive, someday WSSA will need to break even, as I can't fund it forever. I hope to live to see WSSA break-even.

I hope that this book will inspire you to do as we have done: To master our methods as much more fully explained in my book, "How to Stop Stuttering & Love Speaking", and to join WSSA and take advantage of its program and many services, and, thus, stop appearing speech disabled, learn to love to speak in all venues, and adopt lifelong, daily mind-training regimen to attack all of the mental woes that beset you and most of mankind and, thus, find happiness in this troubled world.

My only regret is that life's exigencies prevented me from devoting my entire life to this so worthy cause. Every PWS, who becomes fluent, fills me with joy.

Yours in fluency,

Coach Lee

## OUR HOLISTIC METHODS

“Holistic” is defined as “treatment of the whole person”. That is, we attack more than the specific problem (a speech disability here); *we attack all aspects of our being: that is, **the causes, effects and the life-attitudes that underpin the problem.*** This is precisely what our/WSSA’s program does. If you stay with this program, you will stop stuttering and learn to love to speak everywhere and learn ways to use mind-training to dictate your non-speech related thoughts as well, thus elevating your life and *enabling you to say, “**I converted stuttering into a blessing.**”*

*Runaway perfectionism triggers stuttering for most.* Once a few, quite innocent and usually harmless repeats have occurred and are corrected typically by our elders, the second trigger kicks-in: An excessive concern that our speech is somehow defective, and *we then dwell excessively on other people’s opinions of our speech and of us.* Any of these triggers, and often all of them, can snowball into “holding back” our speech in myriad ways: repeating words or syllables of same, forcing words, facial distortions, and abnormal body movements, all in an effort to eject our words, which fear of imperfections and embarrassments causes us to increasingly hold back. Then, the repeats, forced words and/or silences (muteness) feed each other and tend to snowball, and we hold back evermore, and a “person who stutters” (PWS) evolves. Untreated, the problems may continue to

get worse indefinitely or stabilize or gradually fade away by disuse (silence), although fears of speech may never disappear. All levels of the stuttering problem seem resistant to cures of any kind.

**Stutter-Based Treatments.** *Most treatments of stuttering fail because they focus on the end result or effects* of the problem: the stuttering. These do help but either *do not work more than a bit or do not last by themselves, because the underlying mental issues are not addressed*, and since therapists, in general, never stuttered or still do, they cannot fathom the problem, much less its solutions. Most therapies propose methods that sound robotic or otherwise unnatural. Our Crutches and Speech Plans are done in ways that are not noticed by listeners, and these methods become unnecessary in time. The end result of our program is natural fluency. Just come to our community of EX-stutterers and you'll witness it. (<https://wssa.worldstopstuttering.org/speech-club/>).

**Mind-Based Treatments.** Some treatments *focus on the cause*, the mind, and are treated via hetero hypnosis or by self-hypnosis. This is enormously helpful, but, *by themselves*, these also generally do not work or last, because the PWS continues to stutter except during the short periods of his daily mind-training treatments (MTTs), feeding the stutter-habit and, thus, keeping it alive. (<https://wssa.worldstopstuttering.org/mind-training/>).

**Hearing ourselves speak fluently** (as we read aloud and/or speak when alone and/or listen to recordings of ourselves speaking fluently) help a great deal but will not generally work by themselves either; they need the reinforcement of MTTs and ways to avoid constantly appearing speech disabled.

**Methods or tools to avoid appearing speech disabled**, which we call “Crutches” (and we added “Speech Plans” in recent years), are temporary but are needed to overcome the problem but will not generally solve the problem by themselves either.

**Combined Methods: The One-Two-Three Punch.** For easiest, fastest and most certain victory over stuttering, we need the combined **one-two-three punch** of (1) hearing fluency massively, daily and (2) repetitive mind training to retrain our thought-patterns AND (3) we need to avoid incidents where we appear speech disabled (which we do by using Crutches until not needed). In this process, we *change the way that we think about our speech, our lives and ourselves*. We don't view this as “work”. We view it as fun, because we see, feel and enjoy daily progress, as we begin to sleep seamlessly into the fluent world.

**Attacking Negative Thinking.** We do more than just attack and terminate stuttering; we attack non-speech-negative thinking and improve our attitudes about life. Our program *simultaneously focuses on the cause (the mind) and the effects (stuttering)*.

None of this has ever been a business for the author. It is his charity. His goal has always been to help each student stop stuttering and learn to love to speak (and to enjoy life more in general) – not to prove anything to anyone, much less to document every event. However, after helping PWS off-and-on throughout his life and then devoting fulltime to it, seven days a week, for the last almost seven years (by 2022), a mountain of positive results have emerged.

After helping several hundred PWS over a six-plus-year span (2016-2022), we conclude that roughly 75% of PWS can learn to

stop appearing speech disabled in several months, and another 15% typically require six months, a year or more to do so. The remaining 10% are those who abandon the program before they stop appearing speech disabled or who are still working on it. Some PWS simply do not care enough diligently apply our methods. Others simply require more time.

*Stopping appearing speech disabled is not the end of our program.* Even after the PWS stops appearing speech disabled, fears of speaking and of relapses persist. Our program continues until the fears are gone and the PWS/S (person who stopped stuttering) has learned to stop thinking and maneuvering around any words before saying them, and, therefore, in time, learns to love to speak in all situations and, finally, to apply the daily mind-training treatments to the litany of normal non-speech issues that plague mankind (e.g., boredom, depression, anger, anxiety, jealousy, greed, insomnia, etc.) and thus elevate his/her life and be able to say, as I can, “I converted stuttering into a blessing.”

The fastest and most certain road to such fluency is to study this book and, more importantly, the book on which it is based, “How to Stop Stuttering & Love Speaking” and to join WSSA and take advantage of all of its program and services and become a part of the world’s only community of EX-stutterers and those fast becoming ex-stutterers.

# WHAT OTHERS SAY

## Some Email Messages from Medical Doctors, Psychologists and Other Professionals

For privacy purposes, the emails below omit the senders' names, but they are exact quotes from PWS who are medical doctors, psychologists, speech and other professionals.

“Your book is a medical breakthrough and I fear that such great Book wouldn't be noticed, because 99% of people fear change and fear the unknown and don't want to try new things. Such a loss, losing such a life-changing opportunity...I think you should propose your methods to a neuroscience or psychology department in any university ...[It] will help Many MANY other people... mental disorders like stuttering or depression and even schizophrenia can't be cured by pills or surgery. As you wrote in your book “the mind created such anomalies and these anomalies can be REALLY cured only by attacking their Root cause: THE MIND.” Your book is so underrated ... you are a Pioneer in ‘stuttering field’... You are a fighter with genius... People who Skype with you don't realise who they are talking to. A GENIUS...I can't stop thinking about our Skypes; they lift my spirits. I cannot thank you enough. You are changing lives!!”  
Written in Aug. 22, 2019, by one who is now a medical doctor.

“Your methods have CHANGED MY LIFE FOREVER. Having now stopped lifelong stuttering using your methods, I tell you that, upon receipt of my M.D., I intend to write an article for a medical journal that details the ways that I used your methods to stop stuttering. I no longer believe that stuttering is “an incurable disease”. Your methods and SAC’s [Speech Anxiety Cures] program are amassing an incredible body of indisputable written and video proofs that stuttering can be stopped, as I stopped mine, and THE WORLD NEEDS TO KNOW, and I intend to tell anyone who will listen to me. Thanks again for all of your help and wisdom – and for all that you’ve done to help so many PWS and now to help your students create SAC, which is doing so much to spread your methods far and wide. A bright, new tomorrow lies ahead for many PWS. STUTTERING’s DAYS ARE NOW NUMBERED.” Written in Chicago, Dec. 25, 2020 by one who is now an M.D.

“What did I learn from this [program]? I learned that stuttering is a bad habit that can be unlearned. I was wrong to think that stuttering is a life sentence. Coach Lee’s book and methods work... If I can beat it, so can you.” A medical school graduate from Tennessee (June 2020)

“You are an Angel sent by God, a hope for people who stutter... My speech is amazing and I don’t even worry about it anymore, which makes it even better.” A medical doctor in Pakistan, (Nov 2020, 18 months after posting Success Story)

“Your book gave the perfect solutions...My life is much better now, including my whole family’s...This is what you have done for me, and I will always be in your debt...You are changing people’s lives

and making them dream again. No achievement can be bigger than that. I truly mean it...I hope I can pay you back someday for what you've done for me...My speech is going flawlessly..." A medical doctor in Saudi Arabia (Excerpts from various emails 2017- 2019)

"I recently finished watching the 21 video-lessons that you did on you book, and I found them to be extremely helpful...*I never agreed with my profession's view of stuttering*...I sense a strong new wave of change on the horizon." **Speech Language Pathologist, N.J.**, 12/20

"I blocked hard on some words and suffered crushing fears. Being a university lecturer in psychology, I had to find a solution. When nothing else seemed to work, Coach Lee's book, methods and coaching enabled me to stop appearing speech disabled, and I am fast learning to enjoy giving my lectures and talking everywhere else. These methods also have made me a better, happier person and have elevated my life. The whole experience with Coach Lee and World Stop Stuttering Association has been truly inspirational. I can't thank them enough." Excerpts from emails from a Ph.D. in Psychology and University Professor, in Virginia.

## Some Comments from PWS

With so many PWS friends or students (scattered across five of the world's continents), we have received written comments from myriad sources: book reviews, emails, Skype chats, text messages, Messenger notes and calls, Facetime calls, comments on Facebook, Twitter, and on and on. As this is NOT a commercial enterprise for me, I do not attempt to keep track of same, but, *since so many PWS are such "Doubting Thomas's"* ("Stuttering is incurable"; "I can't stop stuttering"; "I don't need to be 'fixed'", etc.), *it seems appropriate to*

*include a small sampling of unsolicited, written comments by PWS. The comments within brackets [ ] are the author's words. **Some randomly selected PWS comments follow:***

"I will never be able to thank Lee Lovett enough for everything. I can't explain how important his book was for me. My life can be segmented into "BL" (Before Lee) and "AL" (After Lee). After Lee is a much, MUCH happier chapter and life." (Adrian, Chicago, May 2020

"I want to thank you for everything you have done for me personally! Your wisdom, dedication and altruistic attitude has helped so many young people, whose lives you've changed forever, which I admire you for. Best of all, I no longer stutter thanks to you." (D.S., Israel, Dec. 2020)

"I know I have thanked you a million times, but I cannot thank you enough for saving my life. You saved my life from being a meaningless, unsatisfying hollow life. Without you, I would have stayed at my crappy job I had last year, I would not have the confidence that I do now. I am so confident in my skin. People find me so much more attractive. I have made new friends. I do so much more, things that I would never have dreamed of doing in the past. I feel so free, as if chains have been unshackled from my feet. And I truly hope that little children won't have to wait until they are 20, 30, 40, when their lives seem almost over. I really believe that even though it may take hundreds of more years, because of you, in the future, when cars fly, people will be saying to their kids "hey, you know back in the day there used to be this thing called stuttering." And people won't know what stuttering means! It won't exist anymore." (Dec. 2018

email from a female attorney – after she stopped stuttering she got a new job at three times the salary!)

“We’ve been meaning to email you for a while to let you know that we are eternally grateful for your teaching and supporting our 19-year-old son as he looks to overcome stuttering. His progress has been nothing short of amazing, as he’s tried to tackle stuttering for the last 10 years through various means, with no success (and in fact was getting worse and worse). Your ability to figure out exactly what he needs to focus on, positive messaging, and genuine interest in helping him are priceless. As I stuttered till I was in my mid-20s, I know first hand the challenges stuttering presents in every aspect of life, and the work you do is truly life changing. I wished I was a better writer so that I could better communicate how passionate fans we are of you and your work!” (S.P., NYC, May 2021)

“Lee’s book is the best \$29 I’ve ever spent.” JK, Scotland 08/2020  
(My book was briefly priced that high.)

“Because of you and your infinitely awesome book, I can give a speech without a stutter. A huge hug to you.” SD, India 09/2020

“You are the best person I have ever met.” AS, India 12/2020

Consider this excerpt from a book review posted by an Aussie in September, 2018:

“If you stutter then just reading and following this one book is *all you need to do to stop the habit*. Lee is a lovely person who is sharing his learnings with everyone and wants to help everyone. Don’t go

anywhere else, he and his team want to help you. Just come and experience the love and care and be cured.”

Here’s what a beautiful California girl wrote to me in December 2018: “Thank you so much for everything that you do for me and the other PWS – your book, the Skype sessions, email advice and just your pure passion in helping us win the battle against evil stuttering is making such a difference in our lives. You are an amazing and inspiring person. Your enthusiasm, optimism and love for life is infectious. I am grateful that our paths crossed and I will continue to put into action everything that you taught me.

On Feb. 9, 2019, *14 Months AFTER he posted his Success Story on SAA*, Nick from Canada wrote this: “Hey Lee, Just want to *thank you ONCE AGAIN for the impact your methods have had on my life*. I won a contest at a local radio station here in PEI, Canada. As winner...I had the opportunity to do an interview. I didn’t have to but I dismissed that old fear of stuttering and said why not, let’s do it! Although my speech has been great for quite a while now (I don’t even think about the concept of stuttering every day anymore), there was a TINY fear that I might not be able to get my name out while introducing myself to the radio station’s audience. I decided to use word linkage and said “Hello-my-name-is-Nick” at a natural pace but with ZERO hesitation between words. It worked great and the rest of the interview was a breeze. *Thanks again for your life-changing philosophies regarding speech and fear... I am forever indebted.* Nick”

In August 2020, the well known Richard Parent, translator of countless stuttering books into French, including several Editions of my books, gave us permission to disclose his name; he wrote, “You

are a real expert Lee. No exaggeration. You also know very well how to deal with children (who stutter).” In his posted Success Story, he added this: “The time has now come for the stuttering world to stop insisting that stuttering cannot be stopped...and *the world’s PWS NEED to know about these methods and take advantage of them. Lee’s hundreds of posted success stories offer irrefutable written and often video evidence that cannot be denied. Seeing is believing. Many remain fluent 1, 2 3 4 and more years already...*I, for one, am glad to be counted among Lee’s legion of strong supporters...So, I hereby urge all PWS to stop believing that stuttering is “an incurable disorder”, because, for a great many, that is simply not true...We need to give PWS the option of a solution that is helping so many move seamlessly into the fluent world...I here thank Lee for all that he has done and continues to do to help my millions of mates who still stutter.” Richard Parent, July 2021.

Here’s an excerpt from an October 2018 email to Lee from a Canadian, who works in artificial intelligence-research at a University, who stuttered and grimaced terribly: “I was reflecting as to how much my life has changed since last year. I never knew a book can change one life so much and it all started with a book – your book. I feel so eternally thankful for your help and support for the past year. It has given me hope and enthusiasm for everything and helped me overcome stuttering (when no other therapist could). You are a life saver!”

A middle-aged English teacher at a University in Georgia (in Eastern Europe) emailed this: “Lee, you are the best teacher and life mentor I have ever had in my life. Every person is born with a mission on earth. You have definitely found and fulfilled yours; that

is, helping and encouraging so many people not only with overcoming stuttering, but learning to have better, more fulfilled and meaningful lives. Thank you again, Coach Lee, you are truly the best coach and teacher in the world.” (TB, Georgia, August 2022)

“I’m so into your stuff; I’m paying monthly and working on myself, AND IT DOES WORK! You are an amazing guy! You save people’s lives! Every detail you said in your book, and in the coaching videos...is so wise, knowledgeable and truthful...Thank you so much for the beautiful 3rd edition book...Some of us suffer from social anxiety disorder (SAD) and selective mutism (SM) which is a severe anxiety disorder...As you wrote, self hypnosis should take care of it. Also constantly reading aloud brakes the ice and all kinds of anxiety...Thank you so much.” Max, NY, Oct. 2022

## II.

# THE “SCIENCE” OF STUTTERING & FLUENCY

### 2.1 Evolving Science

You may be thinking, “These methods may work for some people, but I know that science tells us that stuttering is incurable and that stutterers must accept it.” Well, that just isn’t true. Dr. Fauci, the “czar” of Covid in the U.S., when on TV in late 2021, said “I am the science” behind the U.S. Covid-rules. Problem is that doctors and scientists change their minds all the time – and with good reason as data change. Indeed, Dr. Fauci has reversed his positions numerous times, and that’s not necessarily bad; he’s learning, too.

When I was born, science said, “The brain is wired **at birth** and cannot be changed.” Over the past 70 years, the science changed from “hard wired at birth” to hard wired “at age ten,” then “at age 28”, then middle age, and, now, science tells us that the brain can be re-wired (re-trained) “**as long as we live.**” So, just keep in mind that *science is NOT static* – nor is your brain. New data often lead to new science.

Equally confounding, very bad science sometimes occurs. For thousands of years, scientists and mankind believed that the earth was flat, and the earth is the center of our solar system. Neither was true. As will be shown below, *some very bad “science” (i.e., doomed-to-fail practices) has led to the erroneous view that stuttering is incurable and must be accepted.* Our definition of “cured” is not “perfect speech”; as few, if any, possess it. Our definition of “cure” is: “Stopping appearing speech disabled.” By that definition, our methods have cured it in hundreds of cases -- in multiple cases every month for the past almost seven consecutive years as of late 2022. Some 80% of our cases have been coached for free; so, they are prone to report relapses, but reported relapses are well under 10% and usually return to fluency quickly. We estimate 100 or so have been fluent between 3 and 6 years by mid-2022.

## 2.2 The Dogma of Incurability and Acceptance

When I wrote my first stuttering book in 2015, which detailed my personal victory over stuttering, *I HAD NO IDEA that the medical community, and, most particularly, speech therapists of all stripes, had declared and still insisted that stuttering is “an incurable disorder” and “should be accepted”.* This had become the dogma of stuttering and is still considered to be the result of “science”. Really?

I am the bearer of good news: *The existing “science” of stuttering does NOT support the long-held dogma that stuttering and semi-muteness are “incurable” and/or need to be “accepted”.* Actually, *recently developed “science” (as we define it) supports the conclusion that most PWS can convert stuttering and even muteness into enjoyable fluency.* As U.S. Supreme Court Justice Felix Frankfurter long ago wrote, “Error, however often repeated, remains error.” As explained and supported

below, *the dogma of incurability has now been dispositively proved wrong and must be discarded.*

There is a worldwide crisis regarding stuttering and its first cousin, severe speech anxiety (which causes many to be largely silent throughout their lives), both jointly here referred to as PWS. Far too many openly discuss their suicidal thoughts. An estimated 70 million are said to stutter, and likely ten times that number remain semi-mute lifelong to avoid speech-risks. The time has come to re-examine and discard the erroneous “incurability” and “acceptance” dogmas and to help speech sufferers achieve fluency. Toward that end, *let’s here examine the “science” of stuttering and, correspondingly, of fluency for PWS.*

## 2.3 Bernal’s Ladder: The Unwillingness to Accept New Ideas

Throughout history, there has been a reluctance to accept new and different ideas. No one better capsulized this than Dr. John Bernal, a world-renowned Irish scientist, who pioneered X-ray crystallography in molecular biology (1901-1971), who, in one of his addresses, recounted the historical unwillingness of the scientific community to accept new ideas. His poignant remarks were later dubbed “**Bernal’s Ladder**” -- which became a *famous, humorous explanation of the reception so often accorded new ideas by scientists.* The oft-repeated Bernal’s Ladder states that scientists REACT to new ideas thusly:

- 1) First, they say, “The new idea is simply *not true.*”
- 2) Then, they say, “Well, it may be true but it’s *not important.*”

- 3) Later, they add, “It may be important, but it’s *not original*.”
- 4) And, finally, when they can deny it no longer, they concede, saying,

“Okay, it may be original, but it’s *what I always thought*.”

*It is only a question of time before data forces speech professionals (SPs) to accept the fact that most can stop stuttering and even teach themselves to love to speak.* As good as SPs are at solving speech problems, since they either never stuttered or still do, many of them may be among the last to accept the fast-growing mountain of evidence that proves that stuttering can be stopped.

## 2.4 Defining “Science”

Before we examine the scientific evidence, **let us first consider the word “science”**. Often said to be the wisest philosopher in recorded history, Socrates taught us to begin all discussions by defining the key term(s). It is time to examine what “science” really means. Let’s define “science”.

Most laymen mistakenly think of science as something that comes from academia, especially those related to “the sciences” (chemistry, physics, biology, botony, etc.) That is the WRONG definition of “science”. The word ‘science’ is actually defined as “*the intellectual and practical study of the systematic structure and behavior*” of whatever is being studied”. **In simple English, “science” means “systematic study” of a subject.**

*Neither medical degrees nor academic credentials are necessarily required. **Experts are created by systematic study.*** The more one

studies, the more expert he/she becomes. Rational interrogation and convincing evidence are the sine qua non (pre-requisites) of scientific conclusions.

**Scientific findings are created by examination and experimentation.** *Science is trial and error. Science is created by experimenting.* Again, let us be clear, experts and science are the product of systematically studying things.

## 2.5 The Bogus “Science” Behind Incurability and Acceptance

**What “science” is advanced to support the widely preached dogma of “incurability” and/or acceptance?** *Virtually none.* Only pockets of individual speech language pathologists, psychologists, academics and others trained in some areas related to speech (hereinafter “speech professionals” or “SPs”) have provided therapy to stutterers, as stuttering is not common. These SPs have been taught that stuttering is incurable and must be accepted. They then give therapy to PWS in private sessions or clinics, often beginning by telling the PWS that there is “no cure” for stuttering and that it must be accepted, and, therefore, predictably, in virtually all cases their therapies have NOT enabled the PWS to stop stuttering. As result, the SPs uniformly continue to conclude, stuttering is “incurable” and must be “accepted”. This result-oriented therapy is fatally flawed.

As we have learned from communicating with over 1,000 PWS, **the fatal flaws in these “studies” or data are that (1) their speech-education re stuttering consisted of a handful of hours during which they were taught that stuttering is “incurable” and must be “accepted”, and (2) over 90% of the speech professionals**

**NEVER stuttered and the remaining 10% still stutter.** Predictably, their therapies fail to help PWS stop stuttering, and *each therapy becomes a result-oriented failure to stop anyone's stuttering.* Indeed, as numerous PWS have advised us, *therapies by speech professionals have often made their stuttering worse.* **Those who never stuttered simply do not understand stuttering, much less can they help others beat it.** Would you take golf lessons/advice from someone who had never been on a golf course or who shot twice par?

There ARE enlightened speech professionals. Two Speech Language Pathologists, who have come to us, are Marjorie Rosenthal Foer of Rhode Island and Peggy Beaulieu of Florida. They have incorporated our methods into their therapies, and they wrote Introductions to this book. We strongly recommend them. Ms. Foer is also an ex-stutterer.

So, what exactly is the speech professionals "evidence" to support their dogmas of incurability and/or the need to accept stuttering and live with it?

According to Google, there are 147,000 speech language pathologists (SLPs) in the U.S. If 10,000 SLPs (who never stuttered or still do) each treat one PWS and fail to help those PWS stop stuttering, 10,000 failed cases are reported (10,000 professionals x 1 PWS each). A body of such predictably failed cases are endlessly reported year-in and year-out, BUT *those cases prove only that those who cannot understand the problem cannot help solve it.* The fact that the blind cannot see a sunset does not prove that sunsets do not exist.

As a result, *the existing body of "evidence" to support stuttering's "incurability" and "acceptance", can and should be discarded.* This

leaves us with NO, widely known “science” regarding stuttering’s incurability and/or the need, if any, to accept it.

## 2.6 The Science Supporting Stopping Stuttering

Conversely, abundant new, rapidly expanding and quite contrary evidence has emerged every month from 2016 through 2022. During this period, we have done massive research studies including: **over 7,000 *individual* sessions with PWS**, which resulted in several hundred “Stopped Stuttering Stories” (SSS) by PWS (200 posted in our Speech Hall of Fame (<https://speechanxietyanonymous.org/>) and 101 featured in my 03/2022 book, “Stuttering Stories with Happy Endings”. No, it did not occur to us to have them monitored by anyone, as we were simply trying to help PWS (no charge), and we lacked the money, time and resources to have non-stuttering academics to “oversee” our work, but we have ***abundant “seeing is believing” proof***. For example: over **2,000** videos of our 7,000 sessions; *thousands* of corroborative emails with PWS; *three editions of my first book plus a 700+ page book* revising and expanding all of the earlier editions; video courses with dozens of video-lessons, forums and blogs on the topic, videos of 100+ meetings of a speech club for PWS (SAM), where many of those PWS/S have told their stories in gripping, sometimes tear-stained words; as well as countless group-speech-practice sessions.

Our team and students include SLP’s, M.D.’s, Ph.D’s, university professors, school teachers and, most importantly, average people who stopped stuttering (PWSS). Our team **continues** in-depth research (helping PWS stop stuttering) of stuttering *seven days a week*. Our hundreds of Success Stories exude indisputable proof that

these PWS/S did, in fact, defeat Satan Stuttering, just as Coach Lee did over 50 years ago.

Those Success Stories have led to many things to help stutterers:

- (1) once we realized the importance of making a record of our successes, we created a **Speech Hall of Fame**, where we have posted almost 200 mind-training-based Stopped Stuttering Stories (SSS), in which EX-stutterers explain the stuttering and how they beat it, and more are added monthly.
- (2) those SSS done since mid-2018, generally include **videos** of the person who stopped stuttering (PWSS) verbalizing their stories (not all PWSS will allow videos), and some of the more recent ones also include videos of them in their stuttering days, providing clear before and after their stuttering. As this has never been a business for us, it never occurred to document until others challenged our results.
- (3) the creation of a **definitive website offering services and programs** to help PWS, including hundreds of videos explaining our methods and giving valuable “tips” to PWS (150 Tips in 2-5 minute videos),
- (4) the creation of a **speech club for stutterers** (Speech Anxiety Masters/SAM) that has met 100+ Saturdays so far, which is typically attended by dozens of PWS worldwide, and all meetings have been recorded and can be seen on our website,
- (5) **blogs, forums, weekly email updates** with the latest suggestions to help PWS, all available on our website,
- (6) creation of **World Stop Stuttering Association/WSSA**, a 501c3-IRS-approved charity to help PWS, which stands as

**the world's only community of EX-stutterers and those fast becoming same.**

## **2.7 Supporting Data**

The “science” that is offered to support “incurability” and the need to accept stuttering was the result of failed-therapies by those who were taught in school that stuttering is incurable and who never stuttered and, thus, do *not* understand stuttering and, therefore, its solutions.

Conversely, **the only significant “science” (i.e., systematic study of the subject) that exists on stuttering has been provided by our community of EX-stutterers**, and it demonstrates that **nearly all PWS can stop stuttering**. The millions of PWS, some of whom are suicidal, need help now. This is a crisis that needs immediate attention.

For heaven's sake, let's stop predicting “death” (a lifetime of stuttering) when a long and happy life can be lived fluently. Let's have a heart and let PWS know that many ARE stopping stuttering every month, year-in and year-out, from 2016-2022, and, therefore, let's spread this wonderful news as fast as humanly possible.

# III.

## THE NEUROSCIENCE METHOD TO STOP STUTTERING & LOVE SPEAKING

### 3.1 Goals of The Neuroscience Method

- (1) STOP stuttering and end the fear of stuttering.
- (2) Learn to stop thinking and fearing words
- (3) Learn to LOVE to speak in all situations.
- (4) Adopt daily mind-training  
to address your non-speech, mental issues  
and, thus, to elevate your life.
- (5) Participate in a community of EX-stutterers  
to maintain fluency and to help others do the above.
- (6) Convert stuttering and speech anxiety into a blessing  
in your life.
- (7) End stuttering worldwide.

In our coaching sessions, we often speak in baseball terms,  
as follows:

**1<sup>st</sup> Base:** Stop appearing speech disabled

**2<sup>nd</sup> Base:** Stop thinking-fearing words as we speak

**3<sup>rd</sup> Base:** Learn to love to speak in all venues

**Home Plate:** Use MT to attack non-speech issues  
thus converting stuttering into a blessing

### 3.2 Two Requirements to Stop Stuttering

There are two, threshold requirements to stopping stuttering:

(1) Hear fluency

and

(2) Not hear dysfluency.

These requirements are so important that they must be repeated throughout this book.

Of course, they beg the question: How can any PWS possibly “hear fluency” and “not hear dysfluency”? The answers to that question are found in our methods, which are briefly summarized in this book, and written in detail in “How to Stop Stuttering & Love Speaking”. The proof that these methods work, again, can be found in “Stuttering Stories with Happy Endings: 101 Real Life Stories,” both on Amazon and in the Success Stories posted on WSSA’s website, and, of course, Speech Anxiety Anonymous Speech Hall of Fame.

### 3.3 Three Basic Methods

We often call these “the one, two, three punch” and/or the three legs of the stool that comprises our methods. Those three methods are

- (1) hearing fluency,
- (2) mind training and
- (3) temporary tools or strategies  
(aka “Crutches” and “Speech Plans”)

It may well be that *any one* of the above, if practiced massively and for enough time could end stuttering. Indeed, I did it using (2) with gradual doses of (3), using (1) mostly after stopping bad incidents and working on loving to speak. That said, *using all three of the above methods simultaneously will produce faster, better and permanent results.*

### 3.4 Ways for a PWS to Hear Fluency

People who stutter (PWS) are accustomed to hearing themselves stutter. They are not accustomed to hearing themselves speak fluently. To beat stuttering, this process must, and can, be reversed. But, if one stutters in most situations, how can he/she (he) possibly hear fluency?

Virtually all stutterers have places and/or situations in which they are quite fluent (**stutter free zones or SFV's**). For example, most can speak fluently when alone (even when reading aloud alone), and when talking to pets or children under age 5. Many are fluent when speaking to siblings and most to parents and close friends.

Some are fluent virtually everywhere, if they simply speak in a very soft voice or even in a whisper (although some may go mute before a microphone). These are examples of SFZ's; the reader may have many more that are not mentioned here. SFZ's are not necessarily static; that is, irrationally and maddeningly, some SFZ's inexplicably come and go. Even though you may not be able to count on being fluent in your SFZ's all the time, you WILL be fluent in them most of the time. Those are golden opportunities to talk-talk-talk and hear yourself being fluent.

Specifically, *how much time might the PWS spend daily actually hearing fluency?* Our recommendations include the following:

- (1) **Talking in SFV's.** The PWS should talk to the maximum when in their SFV's. For many, the above examples could easily constitute **several hours daily** of hearing fluency. One must be alert to do this, even if it is necessary to speak in a voice almost too soft to hear.
- (2) **Mind-Training Treatments.** Later in this book, we recommend that the PWS give himself at least two, daily, 20-minute mind-training treatments (MTT's). In each, the PWS recites 10 positive statements about his speech ("Affirmations") twenty times each. The PWS is also urged to make daily Affirmations throughout the day, effectively drowning each negative stuttering-thought with a flood of contrary, positive Affirmations. The foregoing MT's and random Affirmations can easily **add another hour** of hearing fluency, raising the **daily total to four hours**.
- (3) **Reading Aloud.** We ask PWS to read aloud (RA) no less than *one hour daily and to do it with feeling*. (Reading aloud with feeling *teaches one to focus on the message* (not on planning feared

words). Ironically, it takes less focus on message than most will imagine to block the word-planning/fearing, and, hence, the stuttering. Anyway, this RA adds one hour more to the Fluency Memory Bank and, by reading with feeling, the PWS begins to learn to think the message and not the words. This is the end game of our methods, Crutch 13-No Crutch at All, which is talking WITHOUT thinking (much less fearing) words. This raises **daily** Hearing Fluency **total to five hours**. (Some do much more and love it. Even though I have had no need to do any of this for decades, I still LOVE to read aloud to anyone who will listen to me. It's simply fun to pretend to be an actor. People say that I read aloud well, and they often encourage me to do it! You can do the same.)

- (4) **Listening to Recordings of MTT's**. The PWS should also make two recordings of his MTT's, one in a monotone voice (MV) and one in a very animated voice (AV). We then ask the PWS to (i) play the AV recording in idle times during the day (driving to work, waiting for appointments, while walking the dog or riding a bike, etc.) for another daily hour and (ii) for fastest and best results, *play the MV recording very, VERY softly while he sleeps, adding another **eight** hours*, bringing the total from listening to recordings of his voice to **nine hours**, and increasing **daily** Hearing Fluency **total to fourteen hours** – from virtually zero before our program. Imagine that – a stutterer who routinely hears him/herself speaking fluently FOURTEEN hours a day! This will gradually build a memory bank of fluent speech and will re-program your mind to think and expect fluency.
- (5) The above ***total fourteen hours of hearing fluency daily***. Some do considerably less, but the serious students do the maximum, and the super committed do even more. Just think of it: Fourteen

hours daily of hearing fluency *from your lips*. After doing that for a few weeks, you will be thinking very differently about your speech.

It's not hard; it just takes time, and many come to love reading aloud, especially with great feeling/passion. Many of our PWSS (people who stopped stuttering) have done it for weeks and even months; some have beaten it by doing much less. *The severity of your problem and your dedication to overcoming it must be your guide.* Many grow to enjoy doing the above, and it has raised the level of their lives many times. Just read their Success Stories (<https://amzn.to/3M9I1DM>) or go to World Stop Stuttering Association's website (<https://worldstopstuttering.org/featured-success-stories/>) or **ask some PWSS in the flesh** at one of our SAM Meetings (<https://worldstopstuttering.org/speech-club/>). Our mountain of several hundred Success Stories keeps growing *every* month, no exceptions, for over six consecutive years (as of spring in 2022).

### 3.5 How to Avoid Dysfluency While Healing

As our Success Stories prove, just hearing lots of fluency from lips by itself is not enough to break the stutter-habit. We also must **NOT** hear dysfluency from our lips. Again, we beg the question, "How do we avoid stuttering while we learn ways to be fluent?" So, yes, we need a program that enables us to do that.

In the preceding section, we set forth a plan by which **the PWS is hearing up to fourteen hours of fluency daily**. This is great, but he/she (he) must find ways **not** to hear dysfluency in the other ten hours. *How can the PWS avoid dysfluency for ten hours a day?*

In a ten-hour period, we estimate that most fluent speakers (and our PWS) will **actually talk FOUR hours or considerably less daily**. So, the PWS' challenge is to avoid stuttering during those four hours. The other 20 hours will already be **stutter-free – fourteen hours as above outlined and roughly six hours of listening and natural silence!**

**\$64 M/Billion Question:**

**How does any PWS avoid hearing dysfluency for four hours daily, which is the approximate time that most PWS are stuttering (or being uncomfortably silent to avoid it)?**

We have **temporary** tools or strategies (used during the healing process only) that we call “Crutches” and other methods called “Speech Plans”, because (like the crutches that one uses to avoid walking on a broken leg while it heals) **our Crutches and Speech Plans will only be needed until we replace our stutter-habit with our fluency-habit**. This is usually accomplished in months, but sometimes takes longer. The longer and more severely one has stuttered, the longer it tends to take, but, within a year, the Crutches will no longer be needed. *Some of the Speech Plans are totally natural and actually contribute to elevated speech and should be practiced permanently.*

We have 12 Crutches and a 13<sup>th</sup> that we call “No Crutch at All”. Some of those Crutches have multiple parts. We also use “Speech Plans” in tandem with our Crutches. Our **Speech Plans** (some of which permanently improve speech and make us among the best speakers in our peer groups) are discussed elsewhere, such as in 3.17. **Our Crutches, aka strategies, are discussed in Section 3.6 below.**

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