



Cristina Vela's artwork is full of mystery, sensuality, and poetic darkness. She normally uses graphite or ink, mainly black and white on watercolor paper.

Her comic-book illustrations have won numerous Spanish national awards. She also creates naturalistic drawings, focused primarily on the feminine figure, inspired by memories, folklore, and symbolic elements.



Are you tired of trying to learn English, while at the same time wishing you could speak fluently? What if a few simple strategies could help you sound like a native?

The Psychology of Fluency combines academic research on second-language acquisition with psychological tools that can benefit everyone. Each chapter comes with a practical exercise to improve your fluency.

The journey to bilingualism is as complex and exciting as a carnival, with its share of foolishness, magic tricks, mental acrobatics, spectacle, and artistry.



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THE PSYCHOLOGY OF FLUENCY **GABRIELA B. AEERHARD**



THE PSYCHOLOGY OF FLUENCY

How to speak English better and truly believe that you do

GABRIELA B. AEERHARD

Elísea Editorial

Make the most of it!
Cut yourself some slack!
You're on the right track!
Don't be hard on yourself!
Strike up a conversation!
Stick with it!
One day at a time!
Deal with it!
Little by little!
Put yourself out there!
Keep at it!
Get the basics down!
As long as it takes!
Give yourself credit!
Take it easy!
One step at a time!
Put in the hours!



Gabriela Aeberhard has more than 40 years' experience in EFL and ESL, with students of all ages and nationalities.

In 1994 she opened a small language school in Seville, Spain, where she developed her language-teaching philosophy while raising two bilingual daughters.

Having worked as a journalist, actors' publicist, and art gallery director, she likes to incorporate her love of literature, film & TV, music, sports, and art into her lessons. She lives in Seville with her husband.

For more information or additional exercises, please email:
psychologyfluency@gmail.com