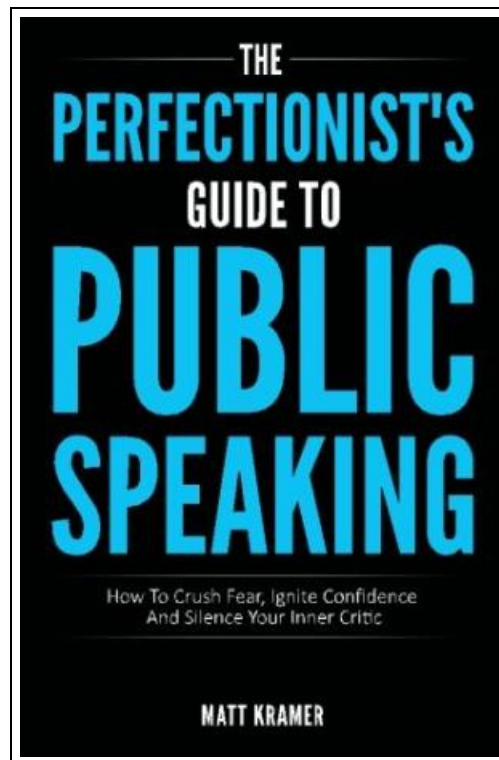


## The Perfectionist's Guide to Public Speaking: How to Crush Fear, Ignite Confidence and Silence Your Inner Critic



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### ***Reviews***



*An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.*

*(Rachelle O'Connell)*

## THE PERFECTIONIST S GUIDE TO PUBLIC SPEAKING: HOW TO CRUSH FEAR, IGNITE CONFIDENCE AND SILENCE YOUR INNER CRITIC



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How would you like to. Shed your primal fear of public speaking and be able to speak in front of anyone, anytime? Get a restraining order against your internal critic? Free yourself from the constant pressure of having to be perfect ? Build powerful, memorable messages and deliver them with confidence? Read the best book ever written? Do all of the above (except the last thing) and maybe smile while you re at it? If yes, you will definitely, most likely, maybe, sorta like this book. [The last sentence was put through a lie detector test-results inconclusive. ] The book takes you on a journey through the eyes of the author, Matt Kramer, a perfectionist who was once petrified of public speaking. You ll read about his embarrassing speaking moments as well as the raw, internal thoughts that once crept into his mind time after time. Lastly, you ll know after reading this book that there is hope for you-that public speaking is not just for the Tony Robbins of the world. It s for anyone who dares to break through their self-imposed barriers. Matt tells you how he overcame his fear of public speaking.and how you can, too. Inside You ll Find: 8 methods to control nervousness while waiting your turn to speak How to avoid forgetting what to say (Including one thing you should NEVER do) Several bad jokes How to construct a presentation from nothing but a blank slate The secret to winning the war against your inner critic How to deliver: From your seat to the final call to action How to thoroughly prepare for your next presentation The most effective...

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