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

By Matt Kramer

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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...



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It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

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This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

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