Painless Presentations. The Proven, Stress-Free Way to Successful Public Speaking

Description:

"A master class in public speaking."
Alan Weiss, PhD, author of Million Dollar Speaking and The Consulting Bible

"The equivalent of enrolling in a speaking course in the privacy of your home. Most people who make presentations need a good road map. Lenny Laskowski has prepared one in this comprehensive book."
Dr. Tony Alessandra, author of The Platinum Rule and Charisma

"Timeless tools and techniques for successful public speaking. It converts your presentation anxiety into energy. Acquire, apply, and excel as a great speaker!"
Professor M. S. Rao, international leadership consultant; author of thirteen books, including Soft Leadership: Make Others Feel More Important

"A very practical book to elevate the quality of the reader’s public presentations. This book has provided me with techniques that my 25 years of professional speaking experience has not."
Dr. Donald E. Wetmore, professional speaker, Productivity Institute; author of Organizing Your Life and The Productivity Handbook

What happens when you’re asked to give a speech, professionally or personally? If you get nervous, start sweating, and hope it’s all just a bad dream, you’re not alone. Business professionals, students, politicians, and teachers alike all have encountered the anxiety that comes with public speaking. But Painless Presentations proves that speaking doesn’t have to be painful, or even stressful. Derived from Lenny Laskowski’s 35-year speaking career, this book details the tools and techniques you need to prepare and deliver an effective, dynamic, and engaging presentation, such as:

- Learn the seven qualities of any effective speaker
- Gather necessary information and materials in advance
- Master the use of visual aids and vocal variety
- Build self-confidence by being yourself
- Handle difficult questions and tough crowds

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