



The Perfectionist's Guide To Public Speaking: How To Crush Fear, Ignite Confidence And Silence Your Inner Critic

Matt Kramer

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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 Robbinses 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 way to stop** saying ah, um, and other **filler words**
- Other stuff and at *least* one good joke

So, only one thing left to do: **Scroll up, hit the "Add to Cart" button and then place your order.** Do that and **you will receive a tested game plan for how to overcome the fear of public speaking.**

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