



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

*Matt Kramer*

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

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**Price goes up FEB. 3rd! Get it for .99 cents while you still can!"**

## 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 "buy now" button and you will find out how you can overcome the fear of public speaking and become a better communicator**

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