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Fear of public speaking is one of the most common phobias and fears in modern society, and stage fright is altogether too common.

But even if you're NOT planning on being an actor or a politician, it is very important to overcome it, because modern society dictates public speaking too many times- from a pitch made to clients to a presentation at work, from your graduation speech to making sales calls, there is too much in your personal and professional life that mandates public speaking.

And we are here to help:

- * Identifying public speaking, and its most important elements
- * Identifying fear of public speaking, and its causes
- * Unlearning your fear of public speaking
- * The best techniques to make a good impression while speaking in public
- * Speaking to an audience
- * The best practice techniques

Once you have this book, you will no longer fear delivering a speech to a crowd. Talking in front of others will come as naturally to you as talking TO others.

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