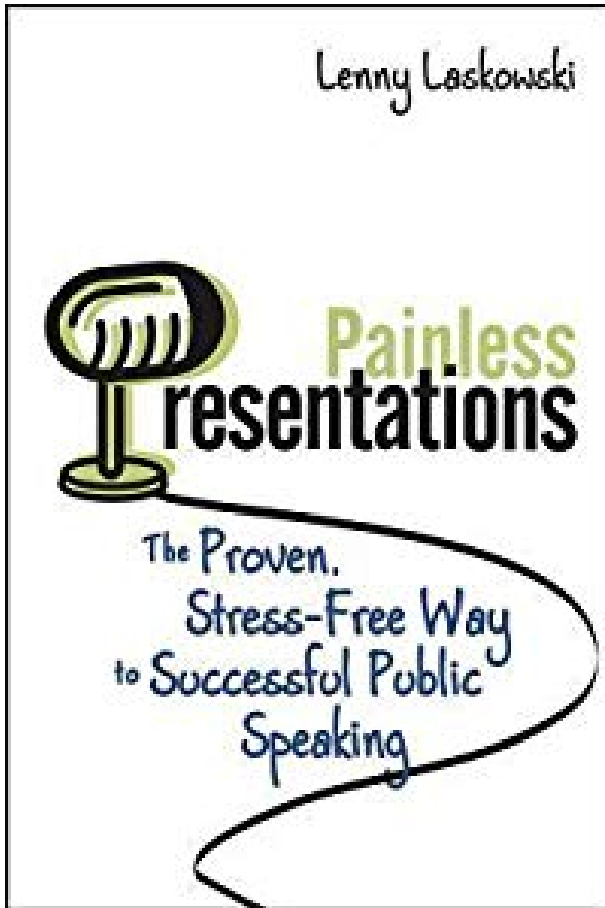


# Painless Presentations: The Proven, Stress-Free Way to Successful Public Speaking



<b>Goodreads Rating:</b>	2.50
<b>ISBN13:</b>	9781118361771
<b>Genre:</b>	Uncategorized
<b>Language</b>	English
<b>Author:</b>	Lenny Laskowski
<b>Published:</b>	October 2nd 2012 by Wiley
<b>Pages:</b>	197
<b>ISBN10:</b>	1118361776

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A simple road map to the world of professional presentations 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 then you aren't alone, but you need help. "Pain Presentations" proves that speaking doesn't have to be painful, or even stressful. A speech is a means to giving great, helpful material to an audience and the speaker is the vehicle to achieve that goal. This simple-to-read book guides those just beginning their journey into the world of speaking. "Pain Presentations" teaches the "Dozen Deadly Dangers" to avoid and much more. Explains how to gather information and materials Details the structure of a presentation Describes uses of visual aids and vocal variety Demonstrates how to handle questions "Pain Presentations" offers wisdom derived from Lenny Laskowski's thirty-five-year speaking career, delivering more than 2,700 programs to clients in over 178 countries. It will give you no-sweat tips for delivering speeches that win over your audiences every time and teaches you that giving speeches doesn't have to be painful.