



# Don't Freak Out, Speak Out: Public Speaking with Confidence

By Ruth Bonetti

Words and Music. Paperback. Book Condition: new. BRAND NEW, Don't Freak Out, Speak Out: Public Speaking with Confidence, Ruth Bonetti, This is an invaluable guide for all people who have to get up in front of an audience and speak. It gives practical, holistic solutions for the symptoms which can unsettle even the most accomplished and experienced speaker. Here are proven techniques for preparation -- mental, emotional, physical -- and presentation which will empower you to be poised and confident.



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