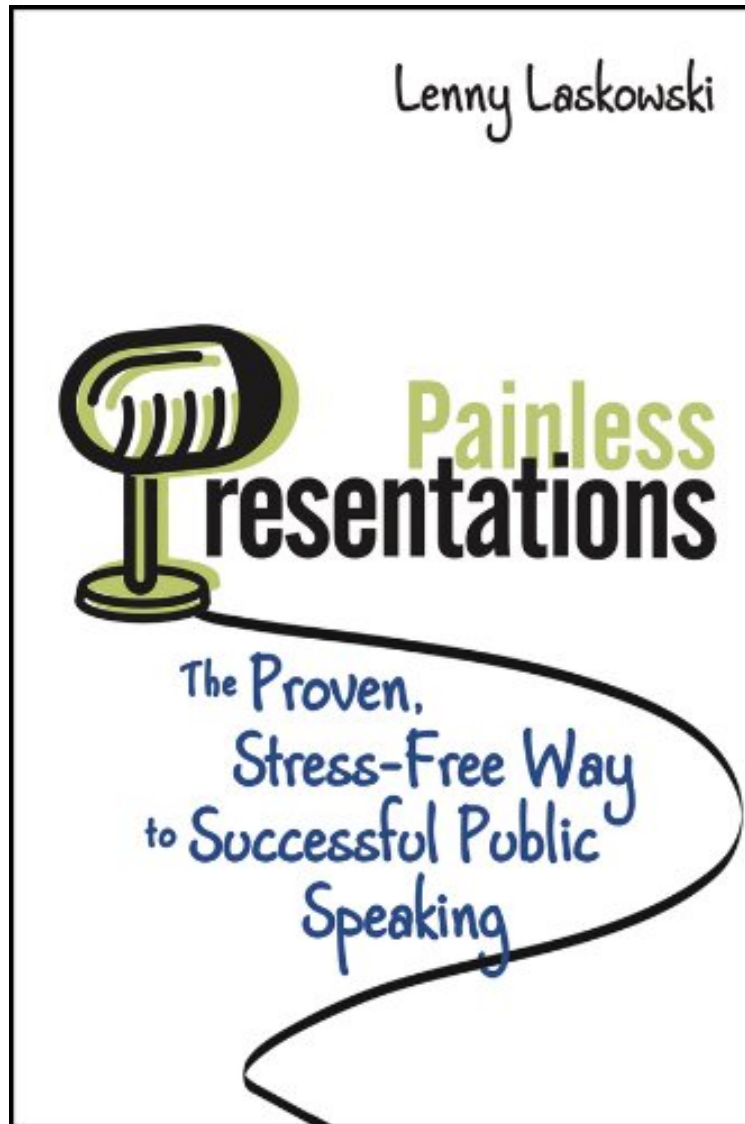


Painless Presentations: The Proven, Stress-Free Way to Successful Public Speaking

Lenny Laskowski

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Professor M.S.Rao, International Leadership Guru and Author of 36 Books on Leadership Lenny Laskowski is an international expert in public speaking and he effectively integrated his rich experience and provided several sutras of speaking to the readers. He did tons of research on the topic and authored this book. He is a genius in delivering presentations, and a master trainer in public speaking. It is a widely researched book with great ideas and insights. It is anecdotal, and lively with examples and illustrations. It contains visuals to reach out to the audiences. You can also see the visual demonstrations by Lenny in the book showing right body language postures. It is written in a simple language and conversational tone. This is a good resource for presenters who want excel as professional presenters. The book provides A to Z of public speaking. Anyone who wants to learn about the length and breadth of public speaking this is the best book under the sun on the earth. If you are passionate about public speaking, read this book more than once. It will change the way you think about presentations, converts your anxiety into energy, and equips you with tool and techniques to excel as a great speaker.

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. Painless 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. Painless 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 Painless 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.

From the Back Cover Praise for Painless Presentations "A master class in public speaking." mdash; Alan Weiss, PhD, author of Million Dollar Speaking and The Consulting Bible "The equivalent of enrolling in a speaking course in the privacy of your home. Most people who make presentations need a good road mapmdash; Lenny Laskowski has prepared one in this comprehensive book." mdash; Dr. Tony Alessandra, author of The Platinum Rule and Charisma "Timeless tools and techniques for successful public speaking. It converts your presentation anxiety into energy. Acquire, apply, and excel as a great speaker!" mdash; Professor M. S. Rao, international leadership consultant; author of thirteen books, including Soft Leadership: Make Others Feel More Important "A very practical book to elevate the quality of the reader's public presentations. This book has provided me with techniques that my 25 years of professional speaking experience has not." mdash; Dr. Donald E. Wetmore, professional speaker, Productivity Institute; author of Organizing Your Life and The Productivity Handbook 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, you're not alone. Business professionals, students, politicians, and teachers alike all have encountered the anxiety that comes with public speaking. But Painless Presentations proves that speaking doesn't have to be painful, or even stressful. Derived from Lenny Laskowski's 35-year speaking career, this book details the tools and techniques you need to prepare and deliver an effective, dynamic, and engaging presentation, such as: Learn the seven qualities of any effective speaker Gather necessary information and materials in advance Master the use of visual aids and vocal variety Build self-confidence by being yourself Handle difficult questions and tough crowds About the Author Lenny Laskowski is an internationally known professional speaker and the President of LJL Seminars. He specializes in helping people make better presentations by delivering workshops, seminars, keynotes, and private coaching to provide practical techniques. Lenny combines his popular coaching style with step-by-step instruction to guarantee improvements in the way people motivate and appeal to their audiences. For more information, visit www.LJLSeminars.com.