

Public performance is a skill most people fear, dread, and actively avoid. Yet it is also one of the most invaluable skills a person can possess, in any field. This book is the culmination of a lifetime of work, research, and personal experience in public speaking. It covers preparation methods, Vocal Tonality, Body Language, common pitfalls, tips, tricks, and the ultimate psychology and methodology that goes into becoming an amazing public speaker. It will break down every crucial aspect of a presentation, speech, or performance. This includes mental exercises, vocal warm ups, personal mantras, practical tips, and much more. The author has a lifetime of experience in everything from business presentation to spoken word poetry, and is eager to pass on the little known, or commonly misunderstood principles of great public speaking. The book conveys this information with simple, clear language and light hearted humor. It was written to take people from dreading public speaking, to loving it and using it to enhance their professional and artistic life.

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