



# **Great Talks, No Sweat: How to Speak with Confidence and Charisma to Any Audience.**

*Stan Munslow*

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# Great Talks, No Sweat: How to Speak with Confidence and Charisma to Any Audience.

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**Great Talks, No Sweat: How to Speak with Confidence and Charisma to Any Audience.** Stan Munslow  
This book is a collection of all the best lessons I've learned over the course of my many years as a teacher, seminar leader, and professional musician. Lessons that taught me how to get loose fast and be at my best in front of any audience. Lessons that taught me how to make sure that my audiences enjoy being there as much as I do. Read them, put them into practice, and I promise that you will look forward to your next talk with fewer shakes, a looser gut and a heap more confidence!

In this book you will be learning eight effective strategies that will help you to deliver great talks with poise, power, and pizzazz. Each strategy will be explained in detail, then followed by ten affirmations.

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