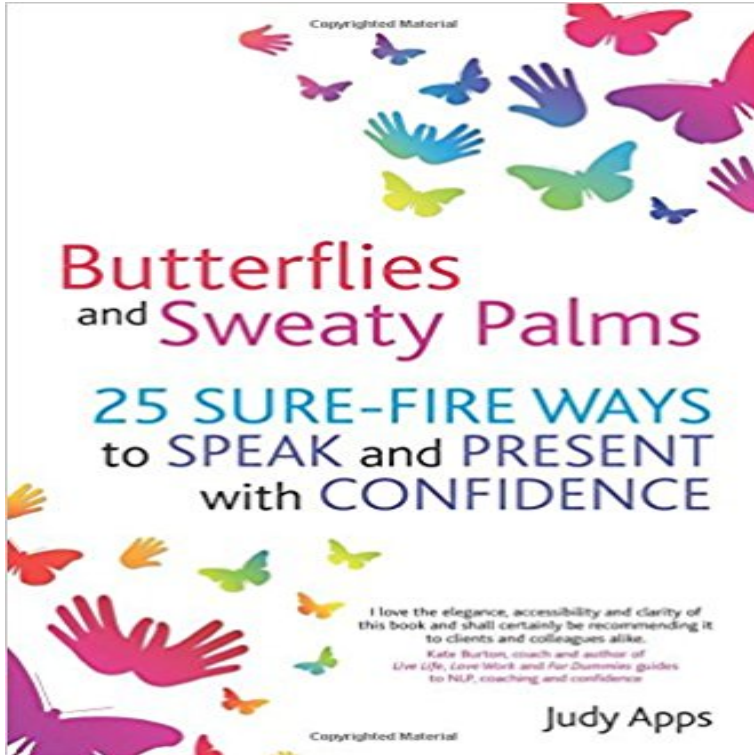


# Butterflies and Sweaty Palms: 25 sure-fire ways to speak and present with confidence



Based on the techniques of NLP (NeuroLinguistic Programming) this book introduces you to ground-breaking solutions to performance anxiety that will carry you through even the most daunting experience of public speaking. The exercises are simple and highly effective. There are exercises that you can easily do at home, which are interesting and fun to do. The exercises are diverse so that issues are tackled in a variety of different ways. You can do the exercises either alone or with other people. The book is brief and easy to read, the techniques highly practical and the methods simple yet profound. You need no longer be afraid to speak in public.

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