



Read Me First

Thank you for purchasing the Peace of Mind Public Speaking Program.

Please listen to each module first before completing the workbook exercises.

Your purchase should include the following files:

- Read Me First – PDF
- Module 1 - Overview of the *Peace of Mind Public Program*- MP3 file – 17:30
- Module 2 - The 4 Secrets to creating peace of mind - MP3 file – 18:08
- Module 3 - Defusing fear-based thinking - MP3 file – 23:13
- Module 4 – Confidence - MP3 file – 35:56
- Module 5 – Engagement - MP3 file – 24:47
- Module 6 – The Thumbs Up System – Preparation - MP3 file – 29:56
- Module 7 – The Thumbs Up System – Execution - MP3 file – 30:54
- Workbook – Peace of Mind Public Speaking Program – PDF
- Bonus 1 – Q&A Webinar registration information
- Bonus 2 – Body Language Magic eBook
- Bonus 3 – Stress Busting Hypnotherapy MP3 file

The Audio MP3 format was chosen for this program so you could upload these files on your smart phone, tablet or laptop and listen to them while you're on the go – in your car, commuting, on a plane, on a train, etc.

If you have any technical issues with any of the files, please send me an email.

Also, if you have any comments or suggestions about the program, please feel free to email me.



I hope you enjoy the Peace of Mind Public Speaking Program.

Thank you.

Anthony Lindan

info@peaceofmindpublicspeaking.com



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