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# Instant Voice Training: How To Train Your Voice Instantly!



## Synopsis

NOTE: Be sure to download the accompanying reference guide upon purchasing. You'll need it to go through the audio. If you can't access it, just contact us directly at [audio@instantseries.com](mailto:audio@instantseries.com). The Instant-Series Presents Instant Voice Training How to Train Your Voice Instantly! In a world where your voice totally matters, what do you do if you don't have the sexiest voice, the most commanding voice, the most articulate voice...or are simply not happy with the voice you have? There is a myriad of reasons to why you would want/need to have a better voice, such as: You want to be listened to more instead of falling on deaf ears by other people who can't understand you or can't stand the sound of your voice. You want to have a better voice for occupational reason if you're a singer, actor, speaker, etc., in order to get ahead professionally. You want to have a better voice to attract the ladies or gentlemen and make more friends for a thriving dating and social life. You want to overcome speech impairments that are causing you to stutter or mispronounce your words and creating all sorts of problems for you. You want to always feel confident knowing you can walk into any room and command attention with a voice that conveys power and is music to people's ears. Are you familiar with the proverbial saying "it's not what you say, but how you say it" and how your actual words only make up "seven percent of communication"? Well, your voice makes up a remaining majority of that. Thus, how you come across to those around you is determined by your voice, even more so than appearance. Have you ever witnessed a person who didn't have the polished look, but the second they started talking, you became in "awe" by the spellbinding sound effect they had...while the opposite could be said for somebody who looked like a million bucks but didn't have the million-buck voice to go with that appearance.

## Book Information

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## Customer Reviews

The tips given in this read are tools anyone can use to strengthen their voice. Whether you are a singer, a speaker on stage or a person who wants to attract attention when they talk; there are useful exercises covered here. The breaking down of the four basic types of voice people hear when one talks is true, and I like how each type of voice was broken down then given a solution to correct the voice. Breathing exercises help and singers get taught this a lot. From warming up the vocals by humming and working on breathing patterns to create good rhythm and consistency. I hear singers warm up their vocals before going on stage, recording in the studio, etc. Projection exercise in this book is allowing the person to develop a skill in projecting from the diaphragm. Speaking in front of people whether at work or on stage requires a level of volume in your voice. If you're giving a presentation at work you don't have to have a super loud voice, but the volume should be loud enough to be clear. When you are practicing these tips, you will find how to control your volume and know what is appropriate for the environment you're in. Reading out loud gives you control and helps you find your balance. Your voice is an art, and how you develop it determines how influential it will be. First starting the exercise highlighted in the book, may be embarrassing in the beginning. The voice has to be trained and the "amazing" sound of your voice won't be notice until a few sessions. The fast noticeable change is breathing patterns and this will be noticed by your friends and family when you talk. Before these exercises you may have been asked to repeat yourself frequently. If you practice the breathing tips alone, the projection tips will be faster to develop.

Instant Voice Training begins with helping to identify the different styles of voice that we encounter with ourselves and people we interact with daily. The book goes in to describe the mouth, chest, nasal and diaphragm types of voice. With a clear and easy to understand identification process it was easy to pick out my personal voice style. As a voice over artist, I personally identify with the diaphragm style. Being in the industry it's often expected that we know everything there is to know about the styles, the training, and all the do's and don'ts of how to speak with the proper techniques. However, many of us are self trained, and take advantage of opportunities for further growth when we have the option. Throughout the book it's really evident that the underlying theme of the book is that you can change whatever you want to change about your voice. Whether it's changing the style from a nasal voice to a much lower "full" sounding

voice of the diaphragm style. It's all a matter of practice. The book is all about boosting confidence in your voice, and being able to convey information more effectively by engaging others. It's really something that can dramatically boost your ability to communicate with others and the book starts with getting that ground-level established. The book includes self-testing, which helps not only educate you on your own personal voice style, but how to identify it when listening to other speakers or people you interact with daily. It goes on to explain the characteristics of each of the voice styles, with examples you can sound out in your head therefore as soon as you hear your own voice through one of their self assessments it's easy to gain a full grasp on what you hear versus where you want to end up.

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