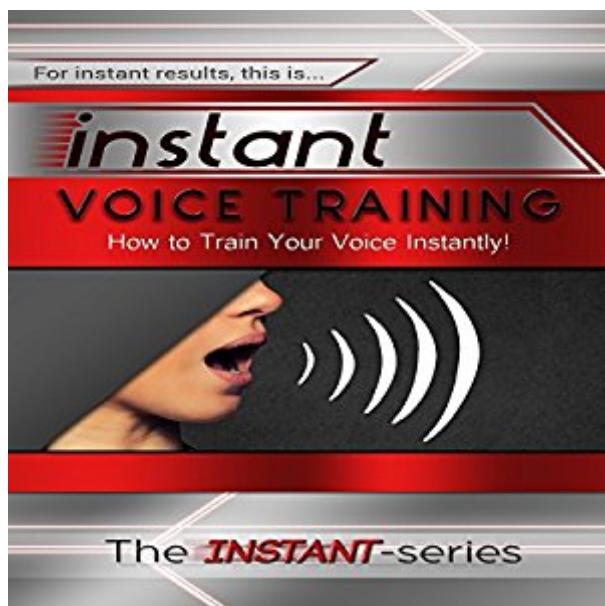


The book was found

# 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

As a voice teacher, I try to collect as much useful information as possible. The information in this pamphlet began somewhat misleading by suggesting that proper vocal production results entirely from what amounts to diaphragmatic pushing. Diaphragmatic support is crucial, but that simply isn't the source of vocal production. So far, not good. But when I came to the first series of voice exercises I knew that I was in bad hands. These involved humming while both exhaling and inhaling, and then singing syllables while both exhaling and inhaling! Singing while inhaling is possible, but only if you care to sound like Lurch from the TV versions of "The Addams Family" and can damage the vocal folds.

That is what one of the exercises requests of us. Far as I understand, it is physically impossible. Lacks better explanation. Otherwise, it is an okay book.

### It's okay

I have been in broadcasting most of my adult life and most people say they love my voice. But, when I came across this book, I was curious to see what it said. I wish I had read this book many years ago at the beginning of my career. It would have taught me "instantly" what has taken me years to learn on my own. I still have trouble running out of breath sometimes at the end of a long sentence. This book will help me with that. We all speak everyday and the way your voice sounds reflects the way people perceive you. Even if you think your voice is okay, you should invest a buck and read this anyway. It's a quick, short and interesting read outlining several voice and breathing exercises. I'm glad I read it. And, you know what? I'm going to read it again. You should too.

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. For me, what helped me through the beginning stages of my freelancing career was being able to see the sound waves on the program. Understanding where your voice peaks and falls is important with that self-id process. As I grew older, and even today there are some aspects I find myself personally struggling with, my biggest is the vocal longevity of speaking. Running out of breath when speaking a client's script can be extremely challenging. The book leads out with simple and easy to follow exercises. The breathing cycles were an easy to follow exercise that teaches patience with your breathing. Upon the end of the exercise you move into more challenging exercises which include the pressure of a book to help strengthen the diaphragm and abdomen muscles. Repeating the exercise with pressure helps train where your voice is coming from while still focusing on the fundamentals learned through the initial stages. The book spends some time linking the similarities between singing and speaking and why each share more in common than we would anticipate. I do not personally sing but I found the information helpful, as it links much of the same description of the diaphragm speaking style. Once the breathing exercises are completed the book leads into helpful tips and tricks to assist with the voice itself, including the chest style which utilizes shallow breathing and a series of humming to simulate it. Once that has been achieved the book helps shift the chest voice style into the diaphragm exercises. These exercises identify how to achieve the voice you want from the core. Learning how to feel the voice was a great way to explain the style. With the diaphragm it's a unique style to experience, if it's something you are not used to. After you are done you move into the vocal boot-camp, the vocal sit-ups, the diaphragm flex, the reading exercises it really helps identify your progress so that when you finish you can utilize your preferred voice recorder and see how the inflection changes, see where your voice

begins and ends and whether or not you stayed in your desired style the entire time of your reading. Once you are done, it's important to maintain your skill. Speaking is a practice and it requires training and maintenance so the tips and tricks to keep your voice in optimal condition are great to ensure you speak with your best voice every time you speak. All in all the book covers a lot of great exercises and topics that are beneficial to anyone at any stage of their personal speaking journey.

As the title suggests, this book gives you quick, easy, and practical tips on how to improve your voice and command attention. From the importance of being in control of your voice, to determining your voice type, to actual voice exercises you can do, this book takes you on a guided tour to improve the power of your voice! The exercises outlined in this book were quite interesting and relatively easy to do. They are simple and short enough to be practiced every day or as needed. Whether I'm running a workshop or recording a narration, this book has reminded me of the importance of a good voice warm-up, as well as proper breathing which can sometimes be a challenge. This book reminds us that our voice plays a part in shaping others' impression of us, whether they realize it or not. Given that most of us talk every day to interact with one another, I would recommend this book to anyone, not just to those who use their voice professionally. Even if (or especially if!) you've never thought about how your voice sounds, you should check out this book. It's a quick and easy read, it's affordable, and my favorite part is that it actually outlines exercises to help you train your voice and make it sound more powerful!

This book is a good foundation building block for anyone wanting to improve their voice quality and sound. From lawyers for courtrooms to radio broadcasting students, it would be an informative read for all. There are many valuable tips and exercises as well as health reminders that one should follow and this book starts you on the right path. The writer also challenges the reader to put the exercises to the test. There are some very good warm up and training exercises for your voice and controlling your breath. These are invaluable to anyone for better clarity and poise in speaking. With such a wealth of information to cover regarding proper breathing, warm up, exercise, health and fitness, I am surprised at how well planned out this book must have been in order to cover it well. This is a great starting point for anyone entering the field of public speaking.

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