

Sound Like A Million™
Shows How To Cultivate &
Consistently Connect
With A Powerful,
Vibrant Voice That Is
Distinctively & Authentically
Yours

Goal: Clear, Confident,
Compelling Speech That
Communicates Charm & Power

Chapter 1.2

What Is Sound Like A Million?

Sound Like A Million is a powerful, new, patented program that shows you how to sound and feel your very best whenever you speak. In some cases you will sound better immediately!

The Sound Like A Million process is fueled by fun, feeling good and immediate success. We use a system of simple, clear assertions, *Coaching Credos™* that help you learn and apply the concepts quickly.

As soon as you start using Sound Like A Million skills, you will notice an immediate and often incredible improvement in your voice. And you'll find many of the techniques will come very naturally to you, as if you already sensed them intuitively. Does this sound too good to be true?

Skeptics who want immediate improvement can jump ahead to **Chapter 5 - Five Fast Fixes** which describes five simple techniques that can make a dramatic difference in your voice immediately.

We encourage you to start at the beginning with the body balance and breathing techniques that support relaxed, energized, enhanced well-being. Our goal is to have you to sound great because you honestly feel great.

We'll show you the real cause of stress and how to conquer it forever. Don't believe it? Take a look at **Conquering The Real Source of Stress**. We even explain why deep breathing techniques often don't work to relieve stress. When you're done browsing, come back and begin at the beginning.

The speed and ease with which you can acquire a clear, compelling, confident voice is a hallmark of the Sound Like A Million process. Our program is so unique it was granted a patent by the U.S. Patent office.

No dreary drills or time consuming exercises. We believe in fueling our lives and work with fun and making practice interesting and rewarding.

Some parts of the Sound Like A Million program, like releasing excess tension habitually clenched in the body, involve changing life long habits. This is not always easy. We include sections describing how habits work and how to change them successfully.

There are lots of exercises in the Sound Like A Million process. Whenever possible, stop and do them. They don't take long. We want you to experience the feelings and sensations we discuss before we explain them. Sound Like A Million will be more meaningful and powerful this way.

You will feel, experience and understand the difference between what you do now and what you want to do in the future. The ideas and concepts will become clear and will stick in your mind more vividly.

Ready? Would you like to begin sounding better and feeling better right now? Come along with us on an adventure that will change your life and your voice forever...

Questions To Ask Yourself...

1. When does my voice sound the best?
2. What do I really like about my voice?
3. What happens to make my voice sound bad?
4. What emotions do I like / dislike in my speech?
5. Whose voice do I really admire? What do I like about their speech? Think about actors, celebrities, television or movie personalities, political or spiritual leaders, friends, singers, teachers and acquaintances.
6. What do I want to change about my speech?
7. How can I translate these *perceived problems* into Positive Goals and Action Items? State your voice goals in positive terms.
8. What do I really enjoy doing with my voice?
Reading out loud? Singing? Acting?
Sounding silly when talking with good friends?
Being funny? Performing?
9. What would I enjoy reading or doing that will help me practice and establish new speaking patterns?
10. How will I feel when I have a rich, warm, compelling new voice that is real for me?
What benefits will it bring? Greater confidence, success, appreciation, recognition?
Be specific in how you will feel when you achieve your goal! See yourself smiling and successful!