

SINGING makes you HAPPY

10 Minute Workout for a Beautiful Voice



**Mp3 Tracks
available**

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PREFACE

Singing makes you happy.

“Lucky those who can sing,” you might say.

Everybody can sing.

Don’t you believe me? Give it a try.

Singing is a blessing.

Suddenly, we have a good posture, much better breathing, and a more intense facial expression.

Singing is probably the ultimate form of expression for people without using any tools.

A beautiful voice gives a whole new dimension to words.

Of course, we admire virtuoso instrumentalists, solo dancers, and painters. But when we listen to a beautiful voice, it goes deep into our hearts, and we remember it for a very long time, more than anything else.

You look after your clothes; you train your body, and you improve your expertise.

What about your voice?

Make something out of it. Make yourself happy and experience your voice in a new way.

In the age of YouTube and iTunes, we are virtually flooded by music, but what do we take from it personally? In the 20th century, singing was much more a part of everyday life. People sang at home, at school, everywhere. Nowadays, we don’t sing anymore; we walk the roads with our headphones, sending a text or an email.

“I will make a fool of myself if I take singing classes.”

Do you make a fool of yourself if you take advice from a doctor?

Taking classes will help you learn the DOs and the DONTs of singing and show you what you already know.

“My voice sounds horrible. There’s nothing you can do about it.”

Yes, you can.

Our singing voice needs training, whereas we develop our ability to speak by imitation only.

When we learn to speak, we imitate our parents and our entire social environment, including their weaknesses and mistakes, their dialect-driven vocal colors, and more.

A healthy baby does not lose its voice by crying. The energetic power of a baby’s voice is quite impressive.

Babies know how to do it right by instinct.

So, to get a beautiful voice, you only need to rediscover and draw upon your innate skills.

But how do you do it?

Practice. Only for a couple of minutes every day - or simply as often as possible.

You will hear the difference soon, and you will be amazed by the quick success!

I intend to give you some simple advice and exercises so you can experience your own voice. Therefore, I will spare you physiological insights and too many technical details.

After all, you just want to sing!

Give it a try.

You won’t regret it.

Make yourself happy.

Sing!

Christin Bonin