



**FOR IMMEDIATE RELEASE**

**STUDY SHOWS 30 MILLION AMERICANS HAVE UNHEALTHY STRESS LEVELS, *LITTLE VOICE MASTERY* OFFERS SOLUTIONS.**

*21 proven techniques help debunk negative thoughts and actions and empower people to live an extraordinary life!*

(New York, NY- September 13, 2011 ) SelectBooks is pleased to announce the arrival of best-selling author Blair Singer's second edition of ***Little Voice Mastery: How to Win the War Between Your Ears in 30 Seconds or Less – and Have an Extraordinary Life!*** Publisher's Weekly review of this new book stated "If the goal is to inspire confidence and belief in oneself, Singer--whose attitude mirrors his compatriot, Robert Kiyosaki of the Rich Dad, Poor Dad series—succeeds".

According to the National Health Interview Survey, 75 percent of the general population experiences some level of work-related stress every two weeks. Stress.org reported on a study that showed 30 Million Americans have unhealthy stress levels, costing \$300 billion annually in the U.S work industry. The goal of Singer's book is to empower people to stop the debilitating chatter in their heads that can cause this stress and improve their overall quality of life. His 21 proven techniques are designed to reprogram that "Little Voice" in people's thoughts in 30 seconds or less, and have them break through self-sabotaging habits. Singer provides his readers with the tools he has used to maintain power in any pressure situation, uncover and realize lifelong dreams, and resurrect the hero inside.

***Little Voice Mastery*** has already generated an astounding amount of pre-launch buzz, hitting the top 3 in sales on Barnes & Noble and placing 19th in the Business & Investing category on Amazon.

SelectBooks President, Kenzi Sugihara, says, "Through a series of simple, yet remarkably powerful strategies you can stop that debilitating internal dialogue and learn how to overcome the fear of making mistakes, handle any objections and use bragging rights to expand your presence and change your state of mind. Singer's 21 proven techniques to reprogramming that 'Little Voice' can break down the barriers and make you more confident and effective"

"I recommend this for anyone who's ready...In *Little Voice Mastery*, Blair brilliantly identifies how we all have a 'Little Voice' between our ears that controls our thoughts, and therefore actions, and how, too often, our 'Little Voice' is negative and self-sabotaging. *Little Voice Mastery* provides easy-to-follow tools and techniques to help you take charge of your 'Little Voice.' I recommend this for anyone who's ready to create the life they've always wanted. "

**T. Harv Eker**

Author of #1 NY Times Bestseller *Secrets of the Millionaire Mind*

***Little Voice Mastery*** is available from SelectBooks, Amazon and book sellers nationwide on September 13th, 2011.

**About Blair Singer**

For more than two decades, Blair Singer has empowered people to go beyond their ordinary selves and reach peak performance rightfully earning him a global reputation as the ultimate go-to guy in sales, business and personal growth. As a World Leading Personal and Business Development Specialist, Singer has worked with clients ranging from Fortune 500 companies like Singapore Airlines, Deutsche Bank, IBM and Dunkin' Donuts, to small business owners, entrepreneurs and just regular folks. He applies the same tried and true principals that work for big corporations to the Business of Everyday Life. Thousands have turned to Blair Singer for his expertise and, now, in an ongoing effort to provide readers with the best in business and personal growth SelectBooks is excited to add this newly revised edition of this already in-demand book to their roster. *Little Voice Mastery* will shortly be offered in 10 languages in over 30 countries.

For more information on Blair Singer, visit [www.blairsinger.com](http://www.blairsinger.com) or contact Karen Mileski at [karen@littlevoicemastery.com](mailto:karen@littlevoicemastery.com) or 949.285.2332.

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