



Little Voice Mastery: How to Win the War Between Your Ears in 30 Seconds or Less and Have an Extraordinary Life!

Blair Singer

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"Little Voice" is the chatter in the six inches between your ears that turns you into a hero one minute and a dunce the next. The 21 proven techniques presented here will reprogram the "Little Voice" in your brain in 30 seconds. In "Little Voice" Mastery, author Blair Singer delivers strategies and techniques that will give readers the ability to:

- Maintain power in any pressure situation
- Stop debilitating chatter in their brain so they can attract what they want - now
- Uncover and realize lifelong dreams
- Break through self-sabotaging habits
- Build powerful, lasting confidence
- Resurrect the hero inside of them

The earlier edition of Little Voice Mastery has been noted as not just standard book, but as a reference manual that helps people break through self-sabotaging habits. In this second edition, Singer also includes the "Little Voice" tools and expands upon how to get past the struggles many people experience on their path to personal and professional freedom.

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