



## **Ulrike Selleck Publishes "Sing Yourself Well in 7 Seconds?"**

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In her book "Sing Yourself Well in 7 Seconds: How to Free Your Voice and Change Your Life!" healing voice expert and classical singer Ulrike Selleck describes how to start using the healing power of the voice.

"We use only 20 percent of our voice and breath in daily life," said Selleck. "Could there be a connection between using this small fraction of our natural gift and all the major health concerns in America today, including depression, anxiety, asthma, high blood pressure, obesity, diabetes, and heart disease? All of these diseases are the symptoms of constricted energy. By using our full voice and breath, we may well be able to reverse the trends of disease."

The book shows readers how to use their full voice for maximum health and energy. "Sing Yourself Well" includes an explanation about why most people don't believe they need to sing, and why they might want to start. It also includes a seven-step, seven-second exercise to demonstrate power of using full voice and breath.

"Sing Yourself Well" is an easy-to-read, one-of-a-kind book with photos available on Amazon and at

www.SingYourselfWell.com. Ulrike Selleck is a healing voice expert, motivational speaker, and 4th generation musician and classical singer. Selleck has performed for thousands, and was featured in Writing and Wellness, The Source, as well as on radio shows. She has a blog page and Facebook page, too.

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For more information about Ulrike Selleck , contact the company here:Ulrike Selleck (515) 343-0214ulrikeselleck@gmail.com

### **Ulrike Selleck**

Email: [ulrikeselleck@gmail.com](mailto:ulrikeselleck@gmail.com)

Phone: (515) 343-0214