

PRESS RELEASE

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for immediate release

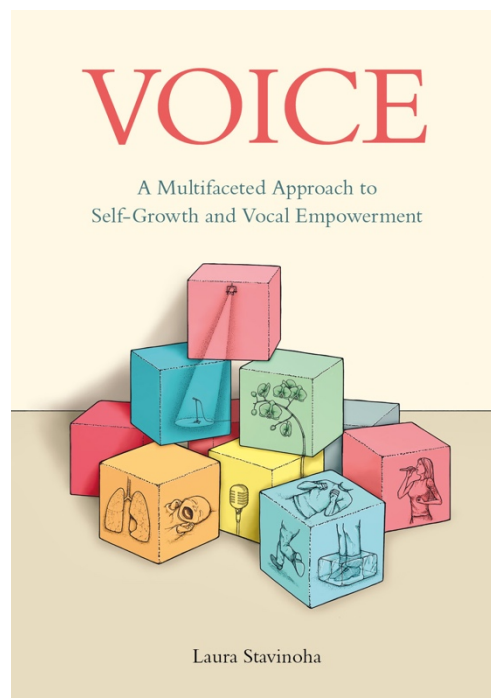
VOICE: A Multifaceted Approach to Self-Growth and Vocal Empowerment

"Because your voice is an essential instrument. Not only for singers, but for everyone who wants to be heard."

Amsterdam, The Netherlands, 5 Dec. 2022 – Maybe this sounds familiar: you've been thinking too much about how you want to convey your story on stage. You get carried away by many different thoughts at the same time, and you get stuck. Consequently, you're too preoccupied with the content of your message, at the expense of the delivery. Or, you simply get overwhelmed by emotions, and your voice starts to tremble. It's no surprise that research tells us that approximately 40% of people suffer from stage fright or performance anxiety.

VOICE mentors the self-examination of your voice and the related emotional processes. Once you get to know yourself, become increasingly self-aware and acknowledge your vulnerabilities as well as your talents, your voice and your message will become more powerful. As a result, you will build self-confidence, express yourself better and be heard.

Do you experience your voice as a limitation or a blockage? Do you feel that you are not always being heard? Does your voice change according to the situation you're in? This book provides an answer to why your voice doesn't always seem to be in your control.



"This book is an eye opener for everybody who works with the voice. Likewise for people who want to learn more about their voice, those who speak for a living, and for voice coaches who guide professionals to increase their vocal possibilities. What makes it different from other books? Stavinoha maps out the inner factors which take influence on the voice and make it sound as it does, especially during stress situations. By including her own journey, it becomes very personal and 'breathes' both experience and expertise. It's clear, accessible, profoundly researched and combines abstract definition with practical hands-on application how to implement the insights. Especially the explanation of the overexcitabilities bridge the gap why working with the voice is more than just exercising to change vocal habits. I have been coaching leaders of corporate

companies for over eleven years on their vocal skills and physical presence. VOICE has put the dots on the I for me. Read it."

—Claudia Kratzheller, coach for embodied presence, public speaker and holistic health practitioner

Voice coach and musician Laura Stavinoha struggled with stage fright from the age of fourteen. In this book she shares the knowledge she gained in the field of vocal development, not shying away from psychological and other scientific insights. All theories and exercises in this book are well founded, offering a solution to the problems of a diverse group of people. Not only for singers and public speakers, but also for those who identify as intense or gifted and feel challenged to express themselves the way they want.

Laura discusses Stephen Porges' polyvagal theory (applied in clinical practice by Deb Dana), Lisa Feldman Barrett's theory of constructed emotion, exercises from Acceptance & Commitment Therapy (the third generation behavioral therapy) and scientific insights on mindfulness from Scott Barry Kaufman and David Vago. Another thread within the book is Kazimierz Dabrowski's theory of positive disintegration on personal development. Laura shows how overexcitabilities express themselves through the voice, and how your voice is a counselor in the process of personal development. In addition to this broad, psychological context, Laura's own experiences and those of her clients are covered extensively, as are the life stories of a couple of well known singers and speakers. Lotte van Lith, specialist in giftedness and humanistic psychology, wrote the foreword.

On 3 November 2022, Laura officially presented *VOICE* in small circle. Since then the paperback and eBook are available worldwide:

[USA at Barnes & Noble](#)

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If you would like to receive a review copy, more information, an interview or book Laura for an event, please contact her at laura@useyourvoice.nl or email Susanna Klaver, publisher, at info@leesst.com.