



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 and 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



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