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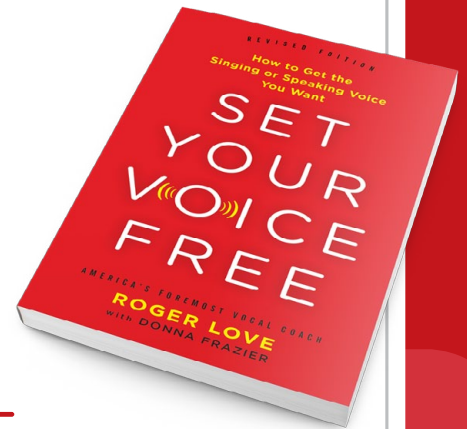
VOCAL ANALYSIS

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— for —

ROGER LOVE'S

SET YOUR VOICE FREE



a quick start guide

WHO IS ROGER LOVE AND HOW CAN HE HELP YOU?

ROGER IS ONE OF THE WORLD'S LEADING AUTHORITIES ON VOICE.

- *He has vocally produced more than **100 million CD sales** worldwide, written **three top selling books** and created **multiple bestselling audio programs**.*
- *He was the voice coach for the mega-hit TV show **Glee**.*
- *He vocal coached **Reese Witherspoon** and **Joaquin Phoenix** for the film *Walk the Line*.*
- *He vocal coached **Jeff Bridges** and **Colin Farrell** for the hit movie *Crazy Heart*, **Keira Knightley** for the film *Begin Again*, and **Quvenzhané Wallis** for *Annie*.*
- *He has coached actors such as **Eric McCormack**, **Rooney Mara**, **Steve Carrell**, **Zach Braff**, and **Will Ferrell**.*
- *His singing students range from **Gwen Stefani** to **Selena Gomez** and **John Mayer**.*
- *He has coached professional speakers such as **Anthony Robbins**, **John Gray**, **Suze Orman**, **Brendon Burchard**, **Dr. Daniel Amen** and **Bo Eason**.*

Roger's life is a testament to the power of the human voice. His experience has uniquely positioned him to help you transform your voice and every communication.

No matter how you speak now, Roger can help you develop the speaking abilities you need to powerfully share your message with the world, emotionally move audiences, and inspire listeners to follow your vision.

SET YOUR VOICE FREE

**BY TAKING TIME TO LISTEN CAREFULLY TO YOUR SPEECH HABITS,
AND CORRECTING ANY PROBLEMS, YOU ARE PROTECTING YOUR
VOICE AGAINST SOME OF ITS MOST INSIDIOUS ENEMIES.**

LET A RECORDING BE YOUR SECOND SET OF EARS

I strongly recommend that you get out your smartphone and record each of the tests and exercises we do here.

Why record? The voice that other people hear doesn't sound like the one you hear when you speak and sing because you're feeling the vibrations in your tissues and bones and hearing sounds as they bounce around the "cave" of your body. Your own voice rings and vibrates inside you. But a listener hears only what emerges into the air, and that version of your voice may seem stripped down or flat compared with the richness you feel yourself producing.

On top of that, sound traveling away from you actually sounds different from sound

traveling toward you. Because of the gap between our inner perception and the listener's, it helps many students to give themselves an "objective" ear by recording some of the exercises they do.

Take out your phone or other convenient recording device and get ready to make part one of your progress recording. This will be an example of where you began and a powerful motivator along the way, allowing you to look back periodically and see how far you've come.

It will make your growth clearer to you, and especially as you start out, it will be the easiest way for you to listen to your own voice and assess it.

Exercise 1: LISTEN & IDENTIFY

PLEASE READ THE PRECEDING PASSAGE ALOUD INTO YOUR RECORDER. AS YOU READ THE PARAGRAPH, YOU MAY HAVE NOTICED A NUMBER OF THINGS HAPPENING WITH YOUR VOICE, IF NOT AT THE BEGINNING OF YOUR READING, THEN AS YOU GOT CLOSER TO THE END. GET OUT A PENCIL, AND AS YOU PLAY THE RECORDING BACK, LOOK THROUGH THE FOLLOWING LIST AND MARK THE ITEMS THAT YOU THINK APPLY TO YOU.

DID YOU:

- ★ Start strong but peter out by the end, feeling strained?
- ★ Have to clear your throat frequently?
- ★ Sound too soft?
- ★ Notice that your voice felt too low, and gravelly, especially at the ends of sentences?
- ★ Hear your voice breaking in spots?
- ★ Sound nasal?
- ★ Sound monotonous?
- ★ Sound squeaky?
- ★ Sound breathy?
- ★ Did you hear anything else that sticks out or bothers you?

IS YOUR VOICE TOO HIGH? TOO LOW?

IT'S ALWAYS DISCONCERTING TO HEAR SOMEONE SPEAKING A RANGE THAT DOESN'T SEEM TO SUIT THE PERSON - LIKE A DAVID BECKHAM WITH A HIGH, CHILDLIKE VOICE, FOR EXAMPLE. OUR VOICES NATURALLY WANT TO FALL INTO A PARTICULAR PITCH RANGE AS WE SPEAK, BUT OFTEN WE'VE DEVELOPED BAD HABITS, OR MADE UNCONSCIOUS CHOICES, THAT FORCE OUR VOICES INTO UNCOMFORTABLE AREAS OF THE RANGE, THE EQUIVALENT OF A SHOE THAT DOESN'T REALLY FIT.

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HOW DO YOU KNOW IF YOU'RE TOO HIGH OR TOO LOW?

Try this: Go to the lowest note you can comfortably hit with a certain amount of volume (your rendition of "Ol' Man River" might help you get there). From that place, say "Hello," holding out the "o" sound. If you're doing it right, you should

hear and feel a low, rumbling voice coming out of your mouth. Recognize it? If this is anywhere near the normal sound and placement of your speaking voice, it's way too low.

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NOTES

Exercise 2: FIND YOUR HOME RANGE

NOW, I'LL SHOW YOU HOW TO RESET YOUR VOICE IN A MORE COMFORTABLE AND NATURAL RANGE.

Put your four fingers (no thumb) on your stomach right below your sternum, the area at the top of the stomach where your ribs come together. As you say that drawn-out "helloooooo," press with your fingers in a rapid, pulsating motion that pushes your stomach in. As you do this, your voice should jump from the low pitch to a note that is much higher. Concentrate on the higher pitch and try to let go of the low one altogether.

Try again, and this time, when you get to the higher pitch, change the words. Say "Helloooooo. How are you todaaaaaaaay." Keep pushing your stomach in with that pulsating rhythm. The pitch you are now hovering around is closer to the range where you should normally be speaking.

This is by no means a foolproof test but rather a way to give you a fast hint at a better pitch for your voice. At this point, don't worry about whether you're a soprano (the highest female voice) or a bass (the lowest male voice). If you're curious, I'll help you categorize your voice once you've worked on putting it in its most natural spot. For now, though, just try the exercise and see if you find your voice in an unaccustomed, but perhaps intriguing, new place.

Step-by-step we will exchange bad for good: pressure for ease, tension for relaxation, constriction for freedom, and pain for pleasure. Without the obstacles we've inadvertently set in the way of the voice's free flow, its real beauty can surface. The careful listening you've just done is a crucial foundation.

Keep listening and correcting. Your voice already sounds better.

Exercise 3: UNCOVER YOUR VOCAL ARCHETYPE

NOW THAT YOU'VE SPENT FOCUSED TIME LISTENING BACK TO YOUR VOICE, YOU ARE READY TO DETERMINE WHICH OF THE SIX MAJOR DISTINCTIVE VOICE TYPES IS CLOSEST TO YOUR OWN VOICE. ONCE YOU HAVE FOUND THE VOICE TYPE THAT IS CLOSEST, YOU CAN MAKE MEANINGFUL PROGRESS TOWARDS CRAFTING THE PERFECT VOICE FOR YOUR NEEDS AND DREAMS.

SIX MAJOR VOICE ARCHETYPES:

- ★ **Nutty Nasal Professor:** nasally sound. Usually occurs due to the larynx coming up too high and closing off the back part of the throat. Practice the "mum" Low Larynx exercise to reverse this problem and try to concentrate on keeping your larynx down while speaking.
- ★ **Rocky Balboa:** the exact opposite of nasally. It happens when we block air from getting into the nose. May sound like you have a cold or a congested nose.
- ★ **Squeaky Hinge:** also known as "vocal fry." Creaky, often used by teenage girls today. Happens when not enough air hits the cords. If you use too much of this sound, the vocal cords can become red and swollen.
- ★ **The Marilyn:** wispy, airy sound. Happens when only a small portion of the vocal cord is vibrating. Can ruin your vocal cords and chances of being taken seriously.
- ★ **Big Brass:** harsh, edgy and somewhat irritating sound. Brassiness happens when your vocal cords are vibrating fully without enough air to make good use of the thick cords. To correct, keep larynx down and push more air out of your mouth when speaking.
- ★ **Husky:** happens when the airy Marilyn voice and the Big Brass voice come together. To fix, breathe from your diaphragm and keep your larynx down while speaking. Practice the Yogi Bear Low Larynx exercise to reduce.

ARCHETYPE:

CHARACTERISTICS

Solutions



NUTTY NASAL PROFESSOR

- Closed throat forces all air through nose
- High larynx
- Nasally sound

- » "Mum" vocal exercise
- » Low larynx exercises
- » Add more "Yogi Bear" sound



ROCKY BALBOA

- No airflow through nose
- Sounds similar to the vocal effects of a head cold

- » Practice diaphragmatic breathing with emphasis on inhaling through the nose
- » Close jaw to force air through nasal cavity



SQUEAKY HINGE

- May sound creaky, dark, or like trendy teenage girls
- May cause vocal cords to become swollen

- » Practice diaphragmatic breathing
- » Emphasize releasing air through mouth



THE MARILYN

- Airy, wispy, breathy sound
- Excessive air moving through the vocal cords
- Not all vocal cords are vibrating

- » Add more brassy sound
- » Reduce airflow through vocal cords
- » Increase volume to counter quiet speech



BIG BRASS

- Harsh, edgy sound
- Vocal cords lack sufficient air passing through
- Keep larynx down

- » Keep larynx down
- » Increase "Yogi Bear" element
- » Speak with solid stream of air exiting mouth



HUSKY

- Grating sound
- Tightened throat causes "Marilyn meets Brass" sound effect

- » Practice diaphragmatic breathing, emphasize
- » Slow breath release
- » Keep larynx in normal position

REFLECTIONS RELATED TO THIS LESSON:

Which voice type seems most similar to your current voice?

In specific situations and small doses, certain voice types can enable you to better connect with and influence your listener. Which voice types would you like to incorporate into your own vocal profile?

RELATED GROWTH CHALLENGES

Record your voice – even if you only take a video of yourself on your cell phone – talking about any topic. When you listen back, which voice types can you identify?

Continue this practice every day for ten days and compare the presence of particular voice types.

While watching a TV show or movie this week, take note of each character's voice. Record any hints of the six voice types that you hear. What patterns do you find between the presence of certain voice types and that character's job, personality, habits, and upbringing?

CONGRATULATIONS!

AND NEXT STEPS

GREAT JOB! YOU'VE COME SO FAR!

It's no secret that crafting the perfect voice is difficult. But the world's greatest speakers will also tell you that doing so is one of the best investments that they have ever made. You, TOO, can have a voice that combines who you are with who you want to be and what you're all about.

You've never been closer to achieving that Perfect Voice than right now! To keep making progress, here's a map to help you determine the next step for your desires and goals. Looking to extend your voice into singing? We've got a map for that, too!

theperfectvoice FOR LOVE & RELATIONSHIPS



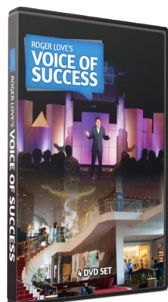
Change your voice to be admired and desired. Building on the foundations of The Perfect Voice Starter Kit, this relationship-focused online program teaches how to craft your voice to gain self-confidence, hone your romantic communication skills and create exciting, lasting relationships.

theperfectvoice FOR MONEY & THE WORKPLACE



Improve your chances of achieving financial security by changing the way you speak. This career-focused program builds on The Perfect Voice Starter Kit to teach the physiology, voice profile and insights needed to transform your voice from workplace hindrance to helper.

ROGER LOVE'S VOICE OF SUCCESS



This signature live event provides attendees onstage vocal transformation opportunities, two days of exciting content, in-person learning from Roger Love and days of networking and growth alongside enthusiastic fellow attendees.

THE ROGER LOVE — SPEAKING ACADEMY —

Take your voice to the next level through combining online and in-person coaching from Roger Love through his Speaking Academy. Enrollees enjoy access to the entire Perfect Voice program, a ticket to a live Roger Love event, live group calls, an exclusive online community and a one-on-one personal voice evaluation in-studio with Roger Love.

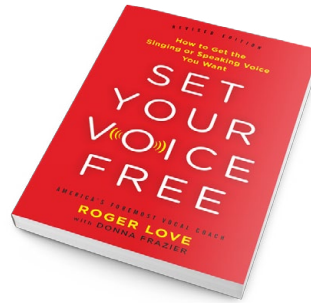


MASTER PRESENTER
MENTORING PROGRAM

Through his elite Master Presenter Mentorship Program, America's Number One Voice Coach offers a select few his personal attention and customized coaching. Over a one-year journey, members enjoy extensive in-studio coaching with Roger, small group training calls, private live events, VIP access to public live Roger Love events and the opportunity to collaborate with elite peers.



The newest addition to the Roger Love Method line! Visit RogerLove.com for more information and exciting opportunities.



SET YOUR VOICE FREE

This best-selling book includes innovative techniques and enjoyable exercises that have worked wonders with Roger Love's professional clients. Readers will learn how to carry a tune, expand vocal range and speak with ease, confidence and effectiveness.



Unleash the untapped power of the female voice and get the man you want! For action-oriented women who are ready to use their voice to get, keep, and communicate with their ideal partner.



Unlimited access to over 100 online video singing courses, featuring Roger's world-famous star quality singing instruction.

Contact: Info@Voiceplace.com for more information

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