

## Mp3 Sara Westbrook - Freedom



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Blend the power of Celine Dion, the authenticity of James Blunt, the energy of Shania Twain and the soul of Alicia Keyes and you have the music of Sara Westbrook. 9 MP3 Songs POP: Folky Pop, FOLK: Folk-Rock Show all album songs: Freedom Songs Details: Sara motivates, inspires and touches people through her meaningful lyrics, her powerful voice and warm tones. 'As a songwriter I feel it is important to share my life lessons, to let others know we are all on the same journey. I am grateful for all my successes and believe it is very important to give back. ' Sara is very proud to represent Kids Help Phone as an artist ambassador. 'Going to schools impacting the lives of young people through music is very important to me. I share about my personal struggles, triumphs and lessons learned, in hopes of giving new insight into what they may be experiencing. Sara co wrote a song 'One More Memory' for Brenda Hounam who has Alzheimer's disease. She wanted to leave her children with a unique gift of song so that when she could no longer say 'I Love You' the song would be a reminder of her love for them. Sara now travels throughout the world with her Mum Linda and Brenda as the One More Memory team. The monies raised from the sale of the CD are used to help people who are in the early stages of Alzheimer's disease.(onemorememory.com) 'I have been helping create awareness and raising funds on behalf of those living with Alzheimer's disease for three years. For me this is important work. Giving back is an essential part of who I am.' In March 2006 Sara met the talented songwriter, composer, David Blair, at the CMW conference. Since then they have been unstoppable as a songwriting team. Her new songs have brought much attention from people all over the world. As one fan stated, 'Saras lyrics are incredible and her voice is the cherry on top.' The year 2007 started off with a BANG! Sara was honoured to have been selected to perform at one of the showcases at the Canadian Music Week Festival and to be invited to Greece to perform 'One More Memory'. In March Sara found herself back in the studio with guitarist Chris

Eveland and award winning producer Glen Teeple to record her third album Freedom. 'This album really shows my growth and maturity as a singer/songwriter. The majority of the songs were recorded live off the floor with only an acoustic guitar accompanying me. It gives the album an authentic, real vibe.' Sara was ecstatic to learn she had been voted Songwriter of the Year by the listeners of Internet radio station FHRRadio.com. 'To be recognized by so many people for my songwriting abilities is a wonderful feeling.' On June 20 Sara learned she had won in the category of most popular singer/songwriter for the London Music Awards. 'I am so excited. Winning this award is a validation that my music is making an impact.'

The Canadian film, which is geared to young people, 'The Mystical Adventures of Billy Owen'(mysticalbillyo.com) has chosen Sara's song 'Dream Big' as its theme song. 'Dream Big is a song about creating your ideal life. I want young people to know that they have the ability to make positive choices that will impact their lives in a powerful way! We may not like the things that come our way but we have a choice as to how we will react to them.' In October Sara and the One More Memory team travelled to Ireland to promote awareness for people living with early stage Alzheimer's disease. Sara's powerful presence, never ending commitment and sense of purpose are evident in all her undertakings. 'Sara only wants to touch the hearts of those who listen to her music so that they can discover their own personal worth. In essence, Sara wants people to be happy and feel as though they matter.' Steve Miller Dark Horse Promotions sarawestbrook.com myspace.com/sarawestbrook

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