

Regina Belle Returns With *Be Careful Out There* From New Album, *The Day Life Began*

Regina Belle returns with her first album in 15 years, *The Day Life Began* on the Peak Records/Shanachie label. The veteran singer, who helped define R&B of the '80s and '90's took a break from music and has returned with new songs produced by Jamie Jones and Jack Kugell of The Heavyweights. "Be Careful Out There" is from *The Day Life Began* and it is dedicated to her children and all children who have left home to find their way in the world. Belle purposely made a collection of songs to inspire people to greater things because as she says, "If I cannot identify with the songs, and if the music does not move my soul, make me feel better, take me up when I'm down or higher when I'm up, then I don't want to record it, play it or sing it." *The Day Life Began* comes out January 22nd.