Discover Your Voice

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learn to use the one musical instrument we all have whether you re an accomplished singer or a complete beginner jo can help you to improve your singing through a combination of simple exercises straightforward advice and practical hints

first published in 1999 routledge is an imprint of taylor francis an informa company

is your voice telling on you how to find and use your natural voice third editionis designed to help the reader find and use his or her natural voice and appreciate the effect of emotions on voice it is also a useful tool for both vocal coaches and

speech language pathologists who work with patients with voice disorders the reader will find that some emotions heard in our voices such as anger or fear can be reduced or eliminated by making some simple vocal changes this user friendly third edition includes self tests and vocal exercises and addresses various topics practical methods for increasing breath control with specific guidelines for increasing loudness and voice projection voice management tips for women who have high demands on their voice steps for increasing the friendliness of one s voice exercises that increase voice efficiently with sharper voice focus and biological and environmental tips to help professional voice users maintain optimal voicing under demanding conditions new features include voice changes to hide negative emotionstips to increase the friendliness of one s voicetechniques for a more masculine or feminine voicerecommendations for recovering from the tired voicemanagement practices for people who have high voice demands such as teachers and sales people ten steps for finding and keeping the voice you want and need

have you ever wanted to join a choir but were afraid you couldn't carry a tune do you ever have to present at work but feel you can t convey your messages effectively because of your voice do you struggle to sound confident at meetings or on the phone do you just dislike the sound of your own voice you are not alone not only is your voice a vital part of your personality but it has more to do with your mental and physical health than you realize raise your voice is written by an experienced voice coach and is full of practical tools and real life war stories for people who are waking up to the power of voice to enhance the mind body spirit connection including the treatment of mental health and eating disorders amateur singers who know that they could do more with their voice older people baby boomers realizing the health and memory benefits of singing and people who work on their voice for a specific reason but then discover it gives them courage to face their fears in other aspects of their lives the personal stories interwoven make the how to sections come alive and will provoke anyone who picks up the book to explore their relationship with their voice publisher s description

self help program designed to teach the reader how to develop efficient voice projection includes an audio compact disc which contains examples for the exercises in chapters 5 6 7 8 9 10 and 15

why do we speak the way we do and what do our voices tell others about us what

is the truth behind the myths that surround how we speak jane setter explores these and other fascinating questions in this engaging introduction to the power and the science of the voice the book first takes us on a tour of the sounds in our language and how we produce them as well as how and why those sounds vary in different varieties of english the origins of our vast range of accents are explained along with the prejudices associated with them why do we feel such loyalty to our own accent and what s behind our attitudes to others we learn that much of what we believe about how we speak may not be true is it really the case for instance that only young people use uptalk or that only women use vocal fry our voices can also be used as criminal evidence and to help us wear different social and professional hats throughout the book professor setter draws on examples from the media and from her own professional and personal experience from her work on the provenance of the terrorist jihadi john to why the rolling stones sounded american

a wall street journal usa today and publishers weekly bestseller a powerful way to master every performance in your career and life from a top business coach and former professional actor every interaction is a performance and much of our success professional and personal hinges on being able to inspire an audience and while some people seem to be naturals in the spotlight this ability very rarely derives from talent alone confident communication is a skill and anyone can learn how to do it in steal the show new york times best selling author top rated corporate speaker and former professional actor michael port teaches you how to make the most of your own moments in the spotlight he makes it easy to give your presentations a clear focus engage your listeners manage your nerves play the right role in every situation to give your message maximum impact and much more drawing on his mfa training at the prestigious graduate acting program at new york university port has engineered a system that the non actor can use to ensure his or her voice is heard when it matters most an indispensable guide for introverts and extroverts alike inc magazine

third edition of the premier book about voice science and pedagogy

do you know what it s like when you hear a voice that suddenly and without warning betrays a trembling insecurity behind the self assured mask becoming raspy and hoarse cracked or blocked by a lump in the throat do you know what it s like when a good friend only has to say hi on the phone and you know immediately that something s wrong do you know those who in certain

situations have to clear their throats constantly the voice reveals the body s secrets but it is also a tool with which we can resolve our obstacles everything we forget our body remembers and everything the body remembers is reflected in the voice our conscious mind reacts to words but our emotions react to the voice words can lie but the voice never lies the voice closes the deal or bungles it for us and therefore it can be of great help to be conscious about our own voice and the signals it reflects the power of the voice offers you the tools to understand which kind of voice type you are which advantages and disadvantages it gives you and how to work with it so if you want to know more about the many possibilities of expression of your voice or if you have trouble with speaking too loud too low too fast or if you mumble or get hoarse which makes your communication insufficient you will receive help in this book

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