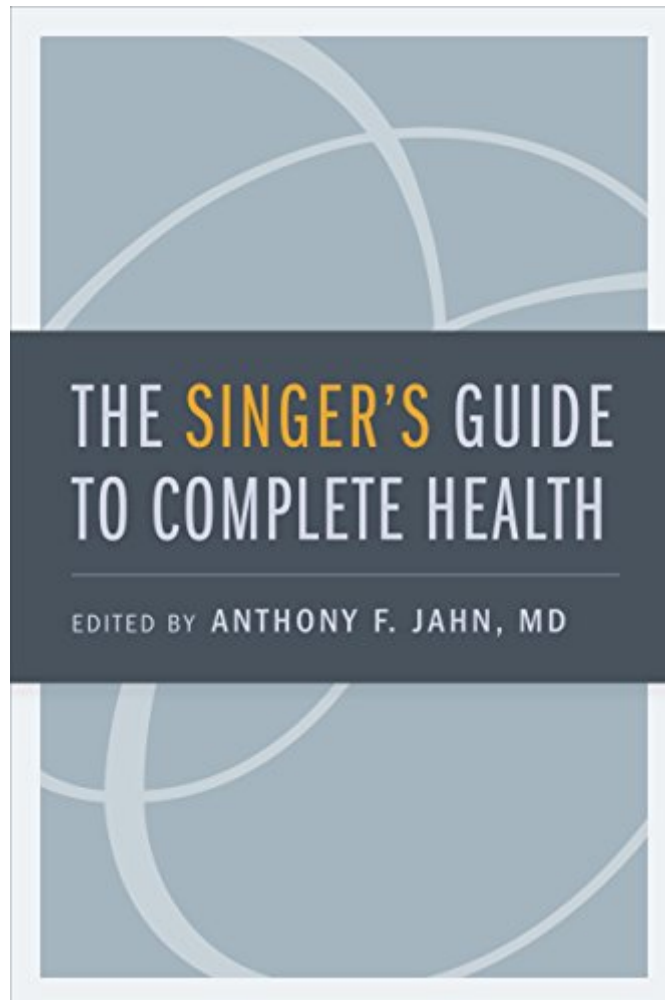




Ebook Directory
the best source of ebook

The book was found

The Singer's Guide To Complete Health



Synopsis

Anthony F. Jahn, MD, internationally acclaimed otolaryngologist and Director of Medical Services at the Metropolitan Opera in New York, offers a comprehensive guidebook on a wide range of health and disorders that affect the voice. A vital tool for singers, voice teachers, and choral directors, *The Singer's Guide to Complete Health* empowers vocal performers to take charge of their own minds and bodies, providing advice about a variety of health issues that affect professional well-being as well as remedies to the most important and common health problems that singers face in their careers. Dr. Jahn has invited a diverse group of health care specialists and music professionals to share their expertise and tips with singers and their teachers. The chapters cover a broad spectrum of topics, including not only vocal issues, but also general physical and psychological well-being, diet, and exercise, accompanied by easy-to-follow illustrations, diagrams and charts. Each chapter provides a clear explanation of an aspect of health of practical relevance to vocalists. The book enables singers to make informed decisions about their own health, and gives guidance on seeking appropriate professional help and self-remedies. It includes numerous suggestions on ways to prevent illness and maintain a healthy vocal lifestyle, not only with traditional methods such as diet, exercise, and Alexander technique, but also holistic approaches such as meditation, yoga, tai chi, acupuncture, and Chinese herbs. A comprehensive blend of professional voice expertise and medical science, *The Singer's Guide to Complete Health* is an essential addition to bookshelves and medicine cabinets of both singers and those who care for them.

Book Information

File Size: 14076 KB

Print Length: 485 pages

Page Numbers Source ISBN: 0195374037

Publisher: Oxford University Press; 1 edition (July 3, 2013)

Publication Date: July 3, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00D6EI9E6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #744,604 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Otolaryngology #121

inÂ Kindle Store > Kindle eBooks > Arts & Photography > Music > Instruments & Performers >

Voice #263 inÂ Books > Medical Books > Medicine > Surgery > Otolaryngology

Customer Reviews

I teach Vocal Pedagogy and I am so excited to use this book next fall! The writing and illustrations are clear and thorough and I love the holistic approach: taking into account mental/emotional health along with all the other topics. The inclusion of chapters on Alexander Technique, Acupuncture, Yoga for Singers is top-notch. I also appreciate the chapters on CCM techniques and the reports by coaches in the field in both London and New York. What a welcome and refreshing addition to my vocal ped library!

This book covers the basics as well as nuances of voice and singing that are not that well known. Really appreciate the different viewpoints, different authors. Dr. Jahn did a superb job coordinating it all.

Do not let the title fool you ! This text has valuable information for doctors, singers, speech pathologists and any professional that needs to nurture and preserve their speaking voice . With the combination of eastern/western medicine, along with homeopathy, this book is genius. Dr. Jahn is an excellent doctor and this book is truly a spot on example of his unique approach to patient care. The book has collected a variety of treatment ideas from a wide range of professionals , and all chapters are not only interesting but valuable. I learned information not only for the clients I treat as a speech pathologist, but for my own speaking voice when I lecture for other professionals. Highly recommended for a wide audience way beyond the professional singer .

Any questions about health choices we make are included. Anything that will affect singing is detailed, from allergies and ibuprofen to rhinoplasty.

[Download to continue reading...](#)

The Singer's Guide to Complete Health The Complete Works of William Billings: The Psalm-Singer's Amusement (1781) (Billings, William//Complete Works of William Billings) 50 Ways to Abuse Your Voice: A Singer's Guide to a Short Career Upholstery Basics (Singer Sewing

Reference Library) Oklahoma!: Broadway Singer's Edition What Every Singer Needs to Know About the Body, Third Edition A Reason to Live (A Marty Singer Mystery Book 1) Blueblood (A Marty Singer Mystery Book 2) One Right Thing (A Marty Singer Mystery Book 3) The Wicked Flee (A Marty Singer Mystery Book 5) Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Aha Guide to the Health Care Field 2009 Edition: United States Hospitals, Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) Black & Decker The Complete Guide to Outdoor Carpentry, Updated 2nd Edition: Complete Plans for Beautiful Backyard Building Projects (Black & Decker Complete Guide) A Delicious Avocado Cookbook for Health Nuts!: Only the Best Avocado Recipes to Achieve Vibrant Health and Omega Acid Superpowers (The Health Nut Cooking Collection 1) Environmental Health: From Global to Local (Public Health/Environmental Health) Overcoming Asthma: The Complete Complementary Health Program (Natural Health Guru) The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) How To Write A Book That's Complete: How to write a nonfiction book outline that makes your book full and complete - Build complete nonfiction book outlines using a simple step-by-step system The Complete Works of Mark Twain: The Novels, short stories, essays and satires, travel writing, non-fiction, the complete letters, the complete speeches, and the autobiography of Mark Twain

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)