

Discover Your Voice

Have you ever railed in anger about some situation in your life and wondered if something horrible might happen because you dared express your rage to God? Or after some trauma, have you experienced the horrible sense of God's absence? If you've had these or other feelings and wondered what to do with them, the Psalms provide a good way for you to pray about any situation. Canham, an Episcopal priest who specializes in teaching and spiritual guidance, explores 7 themes found in the Psalms: hearing God's word in stillness and silence finding stability in God's faithfulness dealing with disappointment, anger, and pain resting in God's grace celebrating creation touching the holy in the ordinary discovering joy and learning to praise Discover the beauty and power of the Psalms. Learn how to write your own psalm about your present experience, desire, need, hope, or joy. Canham says, "In this book I want to share my delight in the Psalms and offer models for praying with them. I write for all the heart-hungry people of God who must live and pray in the midst of very busy lives." An excellent resource for anyone wanting to deepen their relationship with God! Consider using this book for individual or small-group study or sharing it with your prayer partner.

Discover Your Voice: A Step-by-Step Guide to Unleashing the Power of Your Voice HarperCollins India

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As she tries to enjoy her senior year and choose which college she will attend, Korean American Ellen Sung must deal with the prejudice of some of her classmates and pressure from her parents to get good grades.

Need clarity on what to do next? It is not that there are no options, or nobody give you advice. On the contrary, the choices can be overwhelming. What is important is knowing what is right for you in your season. Say "NO" to the noise and "YES" to your life. Lost that "spark" somewhere along the way? You are an unique gift to the world - discover clarity of direction and shine! Joel Boggess has Master's degrees in counseling and business. He has been a life and career coach since 2006. In addition to his own journey, Joel offers a number of real-life accounts of the growth and success his clients have experienced. These stories bring to life the truths he offers. Highly relatable and immediately applicable, Finding Your Voice will help you get back in touch with the real you to live your best possible life. You will learn: How to get "unstuck" and move forward to the life you were born to live How to take control of your schedule and live a life with less chaos and more meaning How to make better decisions for work, home and family, and to be at peace with your life direction How to identify unique gifts and skills that enable you to make a difference in the world

(Schott). Tona de Brett, internationally renowned singing teacher, presents her teaching material, worked through with stars of rock, jazz and musicals who seek help with their voices. Tona de Brett deals with the various aspects of voice-production through a wealth of exercises and examples. The working in the Studio section by Tom West will help singers prepare for the recording studio. This book includes special exercises: Warming up * Breathing technique * Intonation * Interpretation * Articulation Tona de Brett has taught, among others: Adam Ant, Basia, Tears for Fears, Dido, Annie Lennox (Eurythmics), Paul Hardcastle, Tanita Tikaram, Bananarama, Richard Parfitt (Status Quo), Rick Astley, Andy Summers (Police), Jonny Rotten (Sex Pistols), Seal, Pauline Quirke, Linda Robson (Jobs for the Girls), Paul Young, Martine McCutcheon, Billy Contents: Introduction * Part one: Learning to Sing: Must I learn to Read Music? * Practice makes Perfect * Breathing Exercises * Your Body * Your Dreams * Aural Awareness * Musicianship * Vocal Register * Imitation * Karaoke * Strain * The Microphone * Personality * Preparing to Perform * Performance * Choosing a Teacher * Part two: Basic Exercises: Exercises 1-14 * Part three: Vocal Flexibility: Exercises 1-9 * Word Exercises * Studio work: Sound Engineers * Multitrack Tape Recorders * Studio Microphones * Effects * The Recording Session * Performing in the Studio * The Recording

(Vocal Instruction). Singers of every age, level, and musical genre will benefit from this insightful new book. Topics include: Finding the Voice That Was Never Lost * Language * Learning * The Brain in Singing * Fear and the Psychology of Singing * Putting Theory into Practice (the physiology and technique of singing). Performers of all ages and abilities will gain valuable insight into the mechanics, psychology and physiology of singing. The accompanying audio in Jennifer's own voice captures a conversation about her approach and ideas, as well as exercises that will help you discover and develop your true and best instrument.

A NEW YORK TIMES BESTSELLER "Valerie has been one of Barack and my closest confidantes for decades... the world would feel a lot better if there were more people like Valerie blazing the trail for the rest of us."--Michelle Obama "The ultimate Obama insider" (The New York Times) shares her journey at a pivotal moment in American history When Valerie Jarrett interviewed a promising young lawyer named Michelle Robinson in July 1991 for a job in Chicago city government, neither knew where that meeting might take them. Jarrett would go on to become a trusted friend and advisor to Michelle and Barack Obama -- and one of the most visible, influential African-American women of the twenty-first century. Now, in her forthright and optimistic memoir, Jarrett shares her experience as a mother, daughter, and woman who's experienced the magic that happens once we cast aside any unrealistic expectations of a perfect life or a perfect outcome. In Finding My Voice, she offers a galvanizing testament to the power in staying open to a change in course and an embrace of the uncomfortable. Only then, she argues, can we move forward together and truly learn to value--and listen to--our own voices.

What's common between Amitabh Bachchan, Dilip Kumar, Shankar Mahadevan, Seth Macfarlane and Al Pacino? Each of them has a great voice. A person's voice is an important part of their identity. No matter if you are an actor, singer, teacher, salesman or a CEO - a good, strong, confident voice will make people listen to you. In this useful manual, well-known voice, diction and accent coach Rama Vaidyanathan makes a case for superior vocal hygiene and writes about a variety of subjects that can help you develop it - breath control, learning to speak from the belly and not the throat, voice projection, modulation, voice endurance and pronunciation. Written in a simple, lucid and friendly tone and full of easy

exercises you can try at home, Discover Your Voice will help you unleash the full potential of your vocal cords and communicate better.

Find your voice - and make your writing sing! You know a great literary "voice" when you hear it: David Sedaris's humorous cynicism. Elmore Leonard's weary, smart-mouthed dialogue. Nick Hornby's simple yet imaginative descriptions. It's the kind of writing you should aspire to, right? Well, not quite. Each of these authors found success in part by developing their own unique voice: a writing style that helped define their work. Now Les Edgerton shows you how to develop a voice of your own, one that rises about the literary din because of its individuality, not in spite of it! Inside, he provides guidelines, advice and dozens of exercises of recognizing and developing a natural style that will make your characters, stories and dialogues better and more memorable. You'll learn: - How to make any piece you write unmistakably yours and your alone - What agents and editors really think about using your own voice - How to write better by ignoring the rules - The keys to getting your voice and personality on the page - How to get back the unique voice you may have lost by trying to write like someone else Whether you write fiction, nonfiction, or poetry, Finding Your Voice is a must read. Editors, agents, and readers all want to read something fresh and new; by finding your voice, you'll be giving them exactly what they want!

A New York Times bestselling writer explores what our unique sonic signature reveals about our species, our culture, and each one of us. Finally, a vital topic that has never had its own book gets its due. There's no shortage of books about public speaking or language or song. But until now, there has been no book about the miracle that underlies them all—the human voice itself. And there are few writers who could take on this surprisingly vast topic with more artistry and expertise than John Colapinto. Beginning with the novel—and compelling—argument that our ability to speak is what made us the planet's dominant species, he guides us from the voice's beginnings in lungfish millions of years ago to its culmination in the talent of Pavarotti, Martin Luther King Jr., and Beyoncé—and each of us, every day. Along the way, he shows us why the voice is the most efficient, effective means of communication ever devised: it works in all directions, in all weathers, even in the dark, and it can be calibrated to reach one other person or thousands. He reveals why speech is the single most complex and intricate activity humans can perform. He travels up the Amazon to meet the Piraha, a reclusive tribe whose singular language, more musical than any other, can help us hear how melodic principles underpin every word we utter. He heads up to Harvard to see how professional voices are helped and healed, and he ventures out on the campaign trail to see how demagogues wield their voices as weapons. As far-reaching as this book is, much of the delight of reading it lies in how intimate it feels. Everything Colapinto tells us can be tested by our own lungs and mouths and ears and brains. He shows us that, for those who pay attention, the voice is an eloquent means of communicating not only what the speaker means, but also their mood, sexual preference, age, income, even psychological and physical illness. It overstates the case only slightly to say that anyone who talks, or sings, or listens will find a rich trove of thrills in *This Is the Voice*.

Holistic in its philosophy, "Finding Your Voice" offers easy-to-follow exercises for such preparatory measures as breathing and diction; it also ventures to teach readers to use singing as a metaphor for facing other challenges in their lives. Illustrations, exercises, and sheet music throughout.

This workbook combines art therapy exercises and guided journal writing for individuals who want to explore their relationship with food and their bodies in a new way. Written by board - certified art psychotherapists, the pages of this workbook literally serve as a canvas for thoughts and feelings "spoken" primarily through art and elaborated upon through writing. Readers are encouraged to draw, write, and create directly in the book. These images, symbols, and journal entries then become a "personal signature" that can be accessed and explored to resolve any obstacles to emotional well - being. Included are 58 expressive art projects and corresponding written exercises, which lead readers through specific stages of self - discovery related to disordered eating patterns, body image issues, relationships, life skills, emotions, self love, and personal transformation.

#1 Bestseller in Women in Politics & Business Leadership Women's rights advocate and leadership consultant Tabby Biddle has written a practical, courageous and urgent call to action for women of all ages. This book brings to light the dark patches of our culture where women's voices are still silent and aims to make a change agent out of every reader. An alchemizing combination of manifesto, personal narrative, and practical guide, Find Your Voice serves as an experiential read for every woman who is ready to remember her innate feminine wisdom, unearth her purpose, and step fully into her power. With equal parts research and heart, Tabby leads the way to form a sisterhood of all women who are up to the task of bringing the collective feminine power to the forefront of society in order to initiate real change. Whether or not you consider yourself to be a leader or even the least bit political, this book is an essential tool for you to begin to stand in your unique power as a woman and finally be heard. Why it Matters The research is in. Women's voices and women's leadership are in demand. According to the latest studies, when women are in leadership, workplaces and communities are more productive, innovative and successful. When more women are leaders, we change society's view of what leaders look like, how they operate, and how they respond to social, economic and political needs. When more women are leaders, we raise the aspirations of women and girls around the world. With women outnumbering men in earning undergraduate and master's degrees, while at the same time representing less than 20 percent of leadership in business, politics, media, health, education and every other industry, there has never been a better time to bring more women's voices into the social and political dialogue, and be inspired to speak out. Fast paced and well written, Find Your Voice takes you on a powerful journey and spits you out on the other side with a new-found sense of purpose, and an arsenal of tactics to find your voice and 'get out there' with it.

Credibility, empowerment, and collaboration are not just ideas for business and political leaders—they are concepts that ordinary citizens can grasp to bring out the leader within themselves and to effect positive social change at the grassroots

level. Lorraine R. Matusak, a noted expert on leadership development, describes leadership as a body of knowledge that can be taught and learned, and sets forth a practical set of tools and resources to provide the knowledge and skills necessary for effective leadership. Using diverse examples of citizens who have accepted the responsibility to lead, Matusak shows how individuals who are without a title or position of power can still pursue their passion and fit leadership opportunities to their specific talents.

It can be hard to speak up when power dynamics keep us silent and marginalized, especially when race, ethnicity, and gender are factors. Activist Kathy Khang roots our voice and identity in the image of God, showing how we can raise our voices for the sake of God's justice. We are created to speak, and we can both speak up for ourselves and speak out on behalf of others.

Find your signature voice People are drawn to and influenced by leaders who communicate authentically, connect easily with people, and have immediate impact. So how do you become one of them? How can you learn to "own the room"? This book will help you develop your leadership presence. According to Amy Jen Su and Muriel Maignan Wilkins, leadership presence is the ability to consistently and clearly articulate your value proposition while influencing and connecting with others. They offer a simple and compelling framework, as well as practical advice about how you can develop your own personal presence. No matter where you sit in an organization, you can "own the room" if you are able to do two things well: first, demonstrate your authentic value and distinction, and second, connect to others in a positive way. Leaders who are able to be authentic while connecting with and impacting others have what the authors call a "signature voice"—a means of self-expression that is uniquely and distinctly their own. Once you discover and express your own signature voice, you'll be ready to take your leadership presence to the next level. Filled with real-life stories and examples, *Own the Room* demystifies the concept of presence and gives you the tools you need to identify and embrace your unique leadership voice—and have a greater impact on the world around you.

In a culture that praises blending in over standing out, productivity over purpose, and noise over truth, many women find their God-given voice compromised, quieted, or even mocked. We all long to live out our divinely designed passions and unique talents, yet too often it becomes so much easier in the face of opposition to stay silent altogether. What if God is calling you to so much more? As a working mom, wife, artist, and abolitionist, Natalie Grant has struggled to live on purpose while battling the worldly demands of keeping up the appearance of perfection. Emerging from her own dark spiral of suffocating inadequacy, Natalie found fresh hope in the truth that God has already given women everything they need to live out their God-given identity, passions, and calling. *Finding Your Voice* offers the heart-rallying, life-giving truth that a woman's voice is not an uncalled-for interference to be silenced, but a gift to be used for God's Kingdom purposes. In voice lessons as in life, a strong vocal identity requires us to first stand firm, breath deep, and finally, go for it—loud and clear. With rich scriptural study and personal stories infusing every chapter, *Finding Your Voice* reveals how to discover your own unique talent, train it according to God's Word, and start using it for the good of others—without guilt and apology.

"An excellent book which can help not only survivors of abuse, but all women who are feeling like victims." – Library Journal
Finding Your Voice is a personal, comprehensive guide for survivors of abuse making the journey toward healing. Led by an author who has walked the path for more than three decades, readers will find encouragement and hope as they move step-by-step to a place of recovery. Part memoir, part blueprint for recovery, *Finding Your Voice* uses a mix of personal anecdotes, accumulated knowledge, expert techniques and good, common sense to help readers navigate a new path in the aftermath of abuse. With clear instructions and insightful examples, the author leads readers through the five stages of healing— while teaching them how to improve and strengthen their relationships - built upon the foundation of years of self-help work, therapy, and reflection, and the author's own transformative approach to healing.

- Recognize abuse
- Embrace the Big 3- Self acceptance, love and self-respect
- Understand how your behaviors are the key to lasting change
- Learn how to manifest your true desire
- Discover the joy you deserve by applying the "Happy Booster."

The healing journey takes time and patience. The mix of empathy, practicality and encouragement running throughout *Finding Your Voice* provides the ideal guide for that journey. A workbook is available as a companion to *Finding Your Voice*.

An artist's unique voice is their calling card. It's what makes each of their works vital and particular. But developing such singular artistry requires effort and persistence. Bestselling author, artist, and illustrator Lisa Congdon brings her expertise to this guide to the process of artistic self-discovery. Featuring advice from Congdon herself and interviews with a roster of established artists, illustrators, and creatives, this one-of-a-kind book will show readers how to identify and nurture their own visual identity, navigate the influence of artists they admire, push through fear and insecurity, and appreciate the value of their personal journey.

An illuminating guide to finding one's most powerful writing tool, *Finding Your Writer's Voice* helps writers learn to hear the voices that are uniquely their own. Mixing creative inspiration with practical advice about craft, the book includes chapters on: Accessing raw voice Listening to voices of childhood, public and private voices, and colloquial voices Working in first and third person: discovering a narrative persona Using voice to create characters Shaping one's voice into the form of a story Reigniting the energy of voice during revision

"5 Voices helps leaders know themselves to lead their team. By discovering your voice and the voices of those around you, you will learn how to connect, communicate, and lead every kind of team member. The 5 Voices of Leadership are: 1. the Pioneer: focused of future vision and how to win 2. the Connector: focused on relational networks, communication, collaboration 3. the Creative: focused on future, organizational integrity, social conscience 4. the Guardian: focused on tradition, money, and resources 5. the Nurturer: focused on people, values, relationships"--

Finding your voice can be used as a resource by actors at all levels, from students and young professionals to established and experienced actors. Drama teachers in schools and committed amateur actors who want to increase their vocal skills and understanding will also find it invaluable.

The owner's guide to the voice, this book will help you develop an understanding of the voice and how it works.

Language and the way that people communicate has evolved over time, now you can learn how to effectively use your voice in the most effective way possible in order to get your message across. Every time we open our mouths, we have an effect on ourselves and the way others perceive us. The ability to speak clearly and confidently can make or break a presentation, an important meeting, or even a first date. Now, with the advent of Skype, YouTube, podcasting, Vine, and any number of reality talent competitions, your vocal presence has never been more necessary for success or more central to achieving your dreams. Roger

Love has over 30 years of experience as one of the world's leading authorities on voice. Making use of the innovative techniques that have worked wonders with his professional clients, Love distills the best of his teaching in *Set Your Voice Free*, and shares exercises that will help readers bring emotion, range, and power to the way they speak. This updated edition incorporates what he's learned in the last 15 years as the Internet and talent competitions have completely changed the role your voice plays in your life. These are the new essentials for sounding authentic, persuasive, distinctive, and real in a world that demands nothing less. *Finding Your Voice: A Comprehensive Guide to Collegiate Policy Debate* provides an in-depth introduction for students entering Collegiate or National High School Circuit Policy Debate.

The *Sing Out Loud* series is an innovative vocal training program designed specifically for kids, teens, and beginning singers. Each book is filled with pictures, illustrations and audio files, designed to function like a personal vocal coach, with easy, fun, step-by-step assignments that will help the beginning singer develop their singing voice. *Sing Out Loud Book I: Discovering Your Voice* is all about finding your own voice. Understanding the three vital steps to vocal technique as well as vocally experimenting with a variety of sounds will help you discover your own unique sound and help you discover a healthy, effortless new way to sing. 'This book is brilliant! It will change lives.' - Suzy Walker, Editor-in-Chief, *Psychologies* 'A fantastic guide to speaking up and overcoming insecurities by the best voice coach ever.' - Viv Groskop, author of *How to Own the Room* Speak up and stand out Whether you want more social confidence in your day-to-day life, are hosting an event or appearing on a podcast, *Find Your Voice* will empower you to be bold, be present and captivate any audience. Based on decades of helping broadcasters, celebrities, teachers and top level professionals speak effortlessly in front of others, renowned voice teacher and communication expert Caroline Goyder will show you how to: · Harness the full potential of your body, breath and voice · Genuinely connect to others in a dizzyingly distracted world · Stand out as calm speaker whatever the situation

Reclaim Your Headspace and Find Your One True Voice As a hospital chaplain, J.S. Park encountered hundreds of patients at the edge of life and death, listening as they urgently shared their stories, confessions, and final words. J.S. began to identify patterns in his patients' lives—patterns he also saw in his own life. He began to see that the events and traumas we experience throughout life become deafening voices that remain within us, even when the events are far in the past. He was surprised to find that in hearing the voices of his patients, he began to identify his own voices and all the ways they could both harm and heal. In *The Voices We Carry*, J.S. draws from his experiences as a hospital chaplain to present the Voices Model. This model explores the four internal voices of self-doubt, pride, people-pleasing, and judgment, and the four external voices of trauma, guilt, grief, and family dynamics. He also draws from his Asian-American upbringing to examine the challenges of identity and feeling "other." J.S. outlines how to wrestle with our voices, and even befriend them, how to find our authentic voice in a world of mixed messages, and how to empower those who are voiceless. Filled with evidence-based research, spiritual and psychological insights, and stories of patient encounters, *The Voices We Carry* is an inspiring memoir of unexpected growth, humor, and what matters most. For those wading through a world of clamor and noise, this is a guide to find your clear, steady voice.

Finding Your Voice follows two high school students who encounter speech restrictions and learn about First Amendment rights against the backdrop of a school assembly. Through conversations with teachers, a counselor, and a college student, they discover the value and limits of expression while exploring ways to make their own individual statements.

Infuse your lyrics with sensory detail! Writing great song lyrics requires practice and discipline. *Songwriting Without Boundaries* will help you commit to routine practice through fun writing exercises. This unique collection of more than 150 sense-bound prompts helps you develop the skills you need to: • tap into your senses and inject your writing with vivid details • effectively use metaphor and comparative language • add rhythm to your writing and manage phrasing Songwriters, as well as writers of other genres, will benefit from this collection of sensory writing challenges. Divided into four sections, *Songwriting Without Boundaries* features four different fourteen-day challenges with timed writing exercises, along with examples from other songwriters, poets, and prose writers.

This is a creative workbook for individuals who want to explore their relationship with food and their bodies in a new way. It is based on the idea that art is one of the most powerful inroads to psychological healing through the fostering self-expression, insight, and empowerment. Creativity connects us to our inner voice; healing occurs when we listen. Written by board-certified art psychotherapists, the pages of this workbook literally serve as a canvas for thoughts and feelings ¿spoken¿ primarily through art and elaborated upon through writing. Readers are encouraged to draw, write, and create directly in the book. These images, symbols, and journal entries then become a ¿personal signature¿ that can be accessed and explored to resolve any obstacles to emotional well-being. Fifty-eight expressive art projects and corresponding written exercises lead readers through specific stages of self-discovery related to disordered eating patterns, body image issues, relationships, life skills, emotions, self love, and personal transformation. These various tasks can be completed independently, in conjunction with individual therapy, in a treatment facility or self-help group, or in an educational setting. A list of basic, inexpensive materials is provided. This workbook is appropriate not only for individuals who are seeking answers to a variety of issues with food and weight, but also for the professionals who want innovative materials to use with clients in the recovery process.

What's your journey of becoming? Based on Michelle Obama's bestselling memoir, this gorgeous journal features an intimate and inspiring introduction by the former First Lady and thought-provoking questions and prompts to help you discover-and rediscover-your story. 'It's not about being perfect. It's not about where you get yourself in the end. There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice. And there's grace in being willing to know and hear others. This, for me, is how we become.' - Michelle Obama In publishing *Becoming*, a work of deep reflection and mesmerizing storytelling, Michelle Obama shared her own extraordinary journey to help create space for others to tell their stories, to give people the courage to discover the power of their own voice, and to widen the pathway for who belongs and why. This guided journal presents inspiring questions and quotes from the book to help you reflect on your personal and family history, your goals, challenges, and dreams, what moves you and brings you hope, and what future you imagine for yourself and your community. Above all, these pages help you capture your own voice and journey so you can nurture your sense of belonging.

A complete how-to guide for "non-singers" or beginning singers who wish they could sing, or fearful singers who long to bring singing back into their lives. Includes Audio Tracks and Videos on Companion Website! Singing is a skill that can be

learned, just like any other skill. However, because singing is so primal and meaningful to us as human beings, when we are discouraged, we are discouraged to the core. Our confidence and self-esteem are affected. Most would-be singers stop singing completely, no questions asked. But many who "can't sing," on some level wish they could.... Singing is your birthright. It's never too late to get started! With the Fear of Singing Breakthrough Program You'll: Discover the power of the body-voice connection Learn simple ways to use your breath to support your voice Harness a variety of singing techniques that work with your learning style Demystify basic music theory for singing Start learning how to sing in tune and understand rhythm Learn how to blend in so you can sing with friends and in groups You'll Find: Powerful fear-busting exercises Ice-breakers to get you singing right away Exercises for learning to listen better and match pitch Step-by-step lessons on how to approach any song Real-world suggestions for starting to sing with other people Inspirational ideas about art, courage and self-expression Even if your goals are modest (you're not planning to perform on Broadway or become a professional), feeling comfortable about singing the Happy Birthday Song, or singing around the campfire or at church can make all the difference in the world. In this fun, supportive program you will be guided through techniques to get past your fear, and be taught the foundations of learning how to sing. Tap into the transformative power of singing to experience more confidence, self-expression and joy. Don't let the outdated idea that you are a "non-singer" stop you from joining in one of the healthiest, most expressive and rewarding activities life has to offer. Visit

www.FearOfSinging.com What People Are Saying... "For those just beginning to step bravely into the world of singing this book provides a clear, comprehensive and supportive guide toward getting over internal doubt and fear and making the journey into the transformative possibilities of the human voice." - Mary Knysh, Founder of Rhythmic Connections Teacher/Trainer for Music for People "With kindness, playfulness, and heart, Nancy will help you explore your voice and reclaim the joy and courage we all had singing as children." - Shendl Diamond, LikeMinds Press "Salwen's writing is from the heart, and her knowledge is experiential; her range of teaching and singing experience shines through in this approachable and interactive book. Those who love to read a book from cover to cover will find lots of useful information, and those who prefer to jump right in and try things will find handy lists, exercises and tips. Salwen breaks down the skills of singing and helps readers recognize the skills they already have." - Dr. Irene M. Feher, D.Mus. Professor of Voice, Concordia University

While working for a Fortune 500 company for 25 years, Renee decided it was time to hang up the corporate ladder and put on her running shoes. Born in New York and raised in New Jersey, Renee knew her determination and fortitude would resonate with audiences seeking to improve their lives and their careers. Renee has cultivated and inspired individuals and teams for over a decade. You can feel her energy when she enters a room. She started her professional training and speaking as an instructor at Women Helping Women, where Renee donated her time helping the unemployed and underemployed find and keep their jobs. Renee has received numerous awards over the years for bringing her teams to the number one position. Both her years and expertise in retail taught her that in order to move the bar and increase profit, you must first invest in people. A motivational speaker, transformational coach, and influencer, Renee loves connecting with female entrepreneurs and speakers seeking to gain more confidence to become the leaders they are meant to be. After suffering a devastating illness that took away her voice, a few years later she lost her best friend and then father. Renee followed their example and never gave up. Today, Renee inspires others by showing them how to persevere when it feels like life is closing in on them. Through her own journey, she teaches people there is always a way out of whatever hardships they are struggling through. Renee is also the recipient of the All Women Rock 2019 Award. Transformational Coach/ Motivational Speaker/ Red Carpet Host. "When I first began this journey, I never imagined I would be writing a book. It first came to me from a long-time family friend who literally said "you should write a book." That was over two years ago. Since that time, I have been receiving "nudges" through multiple sources telling me the very same thing. I kept putting it to the back burner thinking it would take too much time. I was looking for work and didn't think I could nor should devote that kind of time to it. Then, whenever I went on social media another friend was out there promoting his or her book and not only had they promoted their first book, some were on to their second and even their third! As happy as I was for each of them, I too had a story to tell and now is the time for me to finally use my voice and tell it."

If you are a singer, you are an athlete. And the athletic skills that make you a great vocalist come from one source: your brain. The Singing Athlete is the first book of its kind: a view on voice training through the lens of both the physical body and the nervous system. As one of the top teachers of professional Broadway performers, Andrew Byrne has developed a unique synthesis of athletics and neuroscience that will guide you to higher levels of performance. In addition to his work on Broadway, Andrew is devoted to studying the training methods used by Olympic athletes as a Master Practitioner of Z-Health functional applied neuroscience. He has taken thousands of hours of research and boiled it down into an easily digestible form that will help you unlock amazing new vocal skills. When you buy The Singing Athlete, you're not just picking up a book. You're getting a complete training system. With your purchase, you get lifetime access to The Singing Athlete Video Guide, a companion website that includes over 150 training videos. You'll learn the correct form for every drill, explore awesome bonus content, and download PDFs to track your progress. Through the fully illustrated book and the accompanying videos, you will learn to: Breathe correctly for stress reduction and optimal vocal support Exercise your tongue, jaw, and throat in ways that lower threat in your brain Use your ears and eyes to improve vocal range and stamina Heal any scars that might be holding you back Eliminate reflux, tinnitus, sinus problems, and other vocal stumbling blocks Move better, feel better, and sing better FAQs How is The Singing Athlete different from other vocal training systems? When you study voice, your instructor is always practicing neurology--either accidentally or on purpose. A lot of voice systems can tell you about the anatomy of the voice, but The Singing Athlete provides a crucial missing piece--how to train your brain. Once you understand how your nervous system is in charge of your singing, the

way you practice will shift forever, and everything your teacher says will make more sense. I'm an instructor of a certain style of vocal training. Can I integrate The Singing Athlete into what I already do? That is one of the greatest strengths of this system; this material can fit in seamlessly with almost any style of training. The Singing Athlete is designed to complement what you already do, providing a new framework to expand and focus your thinking. Lisa Rochelle (NYC Singing Voice Specialist) says it this way: "The Singing Athlete negates no other system, no other technique, and no other pedagogy. It can be used to meet a singer where they are." How will I know if this training is working? The process in The Singing Athlete (known as "Assess and Reassess") will show you precisely what kind of exercise your voice appreciates. With The Singing Athlete, there is no guesswork and you will be sure you are doing the right drills. I'm not a Broadway singer--I sing other styles (pop/country/R&B/classical, etc.) Can I get good results from this book? The Singing Athlete is independent of vocal style. You can apply these exercises to any vocal style, from heavy metal to grand opera. Whether you want to sing "Quando m'en vo" or "Call Me Maybe", Andrew has got you covered. How does The Singing Athlete Video Guide work? Learning movement is a visual process. To get the most out of the exercises, Andrew has shot a video of each drill. This will allow you to make sure you've got the form right, as well as learn details about how to use and tweak the drills. Once you've purchased the book, you can get lifetime access to the Video Guide at thesingingathlete.com. (Plus, there are some cool songs there, too.)

Written to save careers one voice at a time through scientifically proven methods and advice, this resource teaches people how to protect and improve one of their most valuable assets: their speaking voice. Simple explanations of vocal anatomy and up-to-date instruction for vocal injury prevention are accompanied by illustrations, photographs, and FAQs. An audio CD of easy-to-follow vocal-strengthening exercises—including Hum and Chew, Puppy Dog Whimper, Sirens, Lip Trills, and Tongue Twisters—is also included, along with information on breathing basics, vocal-cord vibration, and working with students who have medical complications such as asthma, acid reflux, or anxiety.

Many of us assume that our creative process is beyond our ability to influence, and pay attention to it only when it isn't working properly. For the most part, we go about our daily tasks and everything just "works." Until it doesn't. Adding to this lack of understanding is the rapidly accelerating pace of work. Each day we are face escalating expectations and a continual squeeze to do more with less. We are asked to produce an ever-increasing amount of brilliance in an ever-shrinking amount of time. There is an unspoken (or spoken!) expectation that we'll be accessible 24/7, and as a result we frequently feel like we're "always on." Now business creativity expert Todd Henry explains how to unleash your creative potential. Whether you're a creative by trade or an "accidental creative," this book will help you quickly and effectively integrate new ideas into your daily life.

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