

The Singer s Guide to Complete Health (Paperback)

Filesize: 1.33 MB

Reviews

This created ebook is wonderful. I am quite late in start reading this one, but better then never. You may like the way the author compose this pdf.

(Frederic Lang)

THE SINGER S GUIDE TO COMPLETE HEALTH (PAPERBACK)



Oxford University Press Inc, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Anthony Jahn, MD, internationally-acclaimed for his work as an opera doctor with some of the most prestigious opera companies in the world, offers a thorough and comprehensible guidebook on all aspects of health and disease that affect the voice. A vital tool for singers, voice instructors, and choral directors without formal medical training, The Singer s Guide to Complete Health empowers vocal performers to take charge of their own minds and bodies. Along with a full range of experts, Jahn provides advice about the various health disorders that affect professional well-being as well as remedies to the most important and common health problems that singers face in their careers. Jahn has invited a diverse group of health care specialists and music professionals to share their expertise and tips with singers and instructions. The chapters cover a broad range of topics, including psychological well-being, age-related changes, travel, diet, and exercise, accompanied by easy-to-follow illustrations, diagrams and charts. Each chapter provides a clear explanation of the relevant vocal anatomy, as well as detailed descriptions of the most troublesome disorders for singers. 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 maintain a healthy vocal lifestyle, not only with traditional methods such as diet, exercise, and Alexander technique, but also holistic approaches such as yoga, tai chi, acupuncture, and Chinese herbs. The book also features assistance for singers who are interested in osteopathic, chiropractic, and craniosacral therapies. 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 all professional and...

Read The Singer s Guide to Complete Health (Paperback) Online
Download PDF The Singer s Guide to Complete Health (Paperback)

Related Kindle Books

			-	
	-	_	-	
	-	_		

Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and... Download eBook »

Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New. Download eBook »

A Friend in Need Is a Friend Indeed: Picture Books for Early Readers and Beginner Readers Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. LIKE Publishing presents its Reader series. Based on famous proverbs, these readers teach... Download eBook >

_

Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to... Download eBook »

	\mathbf{N}
_	
-	

Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to... Download eBook »

PDF	Weebies Family Early Reading English Book: Full Colour Illustrations and Short Children s Stories Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Early Reading English Language Book 1 starts to teach Save Document »
PDF	Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback Book Condition: Brand New. Book Condition: Brand New. Save Document »
PDF	A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download Save Document »
PDF	Growing Up: From Baby to Adult High Beginning Book with Online Access Cambridge University Press, 2014. UNK. Book Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000. Save Document »
PDF	Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can Save Document »