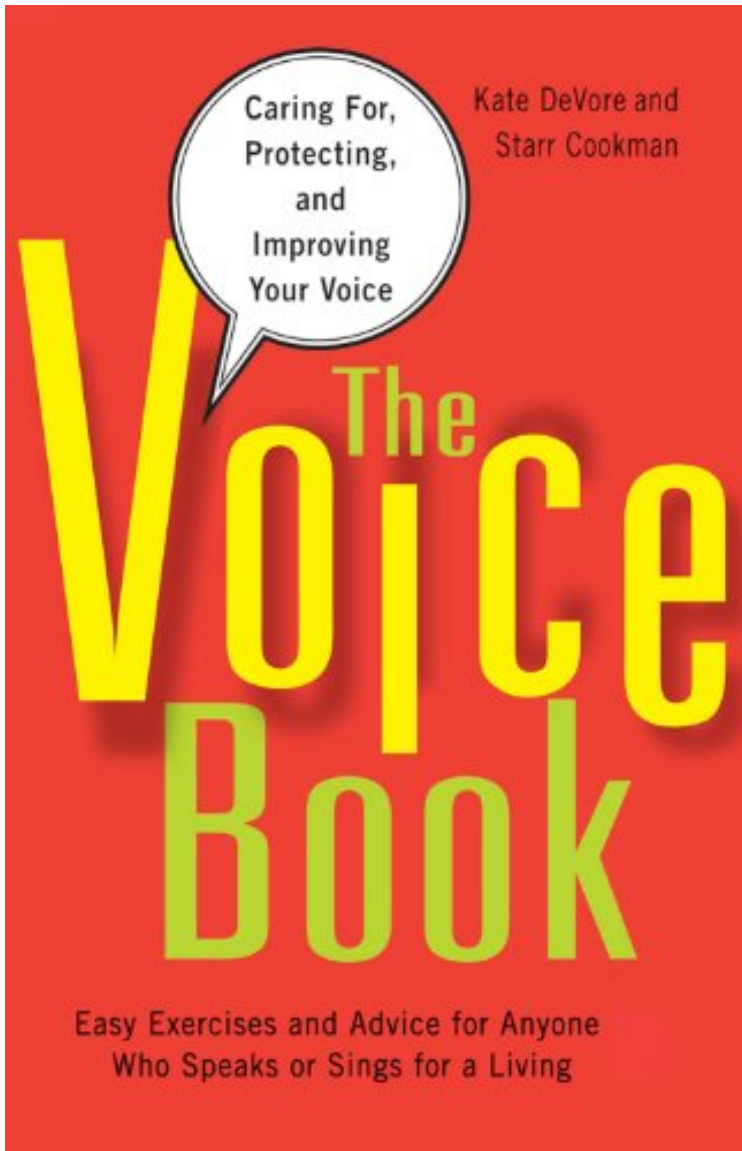


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# The Voice Book: Caring For, Protecting, and Improving Your Voice



*Par Kate DeVore, Starr Cookman  
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## Description :

Prsentation de l'diteurWritten 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 ofeasy-to-follow vocal-strengthening exercisesincluding Hum and Chew, Puppy Dog Whimper, Sirens, Lip Trills, and Tongue Twistersis 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.