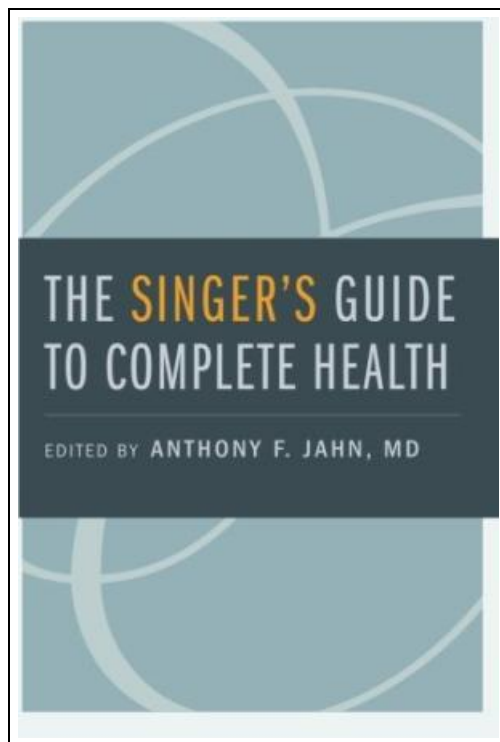


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THE SINGER S GUIDE TO COMPLETE HEALTH (PAPERBACK)



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 instructors. 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...



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