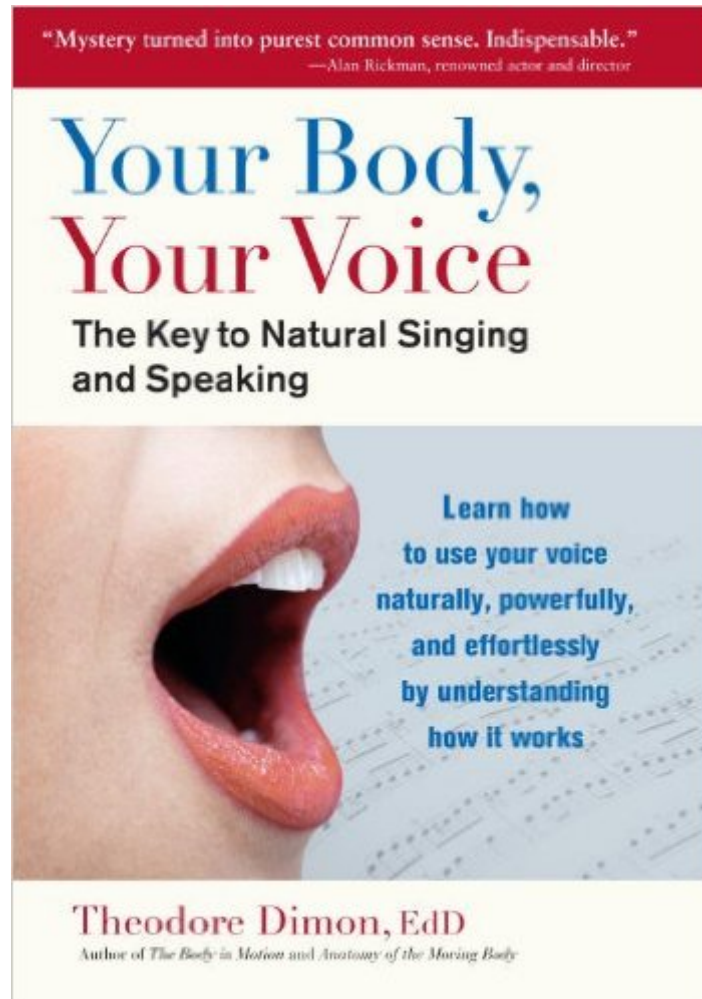


The book was found

# Your Body, Your Voice: The Key To Natural Singing And Speaking



## Synopsis

In this innovative book, Theodore Dimon, EdD, shows how each part of the vocal organ (breathing, larynx, throat, and so on) works as part of a larger musculoskeletal system that is often interfered with, and how identifying this larger system and understanding in a practical way how it works allows a person to train and improve the voice, whether speaking or singing. Traditional vocal training methods, says Dimon, cannot be effective without restoring the functioning of the musculature that supports the voice. Enhanced with over 50 detailed full-color illustrations, the book discusses the fallacy of traditional breathing exercises and explains that the key to efficient breathing lies in the expansive support of the trunk and rib cage. Investigating the elements needed to produce a strong supported tone, Dimon describes the importance of voice placement, or directing the sound to a part of the body in order to produce a fully rounded, resonant tone. He identifies harmful patterns of speech and singing, and offers helpful methods for reestablishing the natural function of the vocal mechanism. Individual chapters cover elements of the whispered aëh, producing a pure sung tone, vocal registers, the suspensory muscles of the larynx, and more.

## Book Information

Paperback: 184 pages

Publisher: North Atlantic Books (September 27, 2011)

Language: English

ISBN-10: 158394320X

ISBN-13: 978-1583943205

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (12 customer reviews)

Best Sellers Rank: #143,828 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hearing Problems #185 in Books > Arts & Photography > Music > Instruments > Voice #293 in Books > Medical Books > Basic Sciences > Anatomy

## Customer Reviews

Update: I have had a chance to more thoroughly read this book, and have updated my review and added an outline of key points. First of all, I was flabbergasted when I read this book. I was tipped off about this book by a new friend, Dr. Karin Wettig, author of, "Singing like Callas and Caruso: Belcanto Voice and Body Training." So I thought I would check it out. I thought this book might be

pretty good, but I was completely unprepared for what I found. This is a surprising, excellent book. I found it to be well-reasoned and thoroughly researched. Here are what I found to be the key points.

CHAPTER ONE: The Organizing Principle of the Voice\* How have we impeded vocal function?\* Two keys to muscle coordination: a) Head-trunk support; b) Antagonistic action\* Proper muscle counter-pulls lengthen muscles\* Modern training misses the biggest point--understanding the total muscle system

CHAPTER TWO: Breathing\* It's a mistake to focus on in-breath\* Movement of ribs and diaphragm comes first\* We don't get air in--it's the result.

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

Your Body, Your Voice: The Key to Natural Singing and Speaking  
Deeper Voice: Get a Deeper voice Quickly, Become a Leader: Proven way to deepen your voice:(Low pitched voice, Attractive Voice, Voice Singers, Manly Voice, Charisma, Power)  
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)  
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)  
Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free)  
Key West D.O.A.: A Jack Marsh Briar Malone Key West Action Thriller (Key West Action Thriller Series Book 6)  
Dynamics of the Singing Voice  
BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language)  
Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body Butter, And Natural Skin Care Recipes  
Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies)  
Public Speaking: Finding Your Voice (10th Edition)  
Public Speaking: Finding Your Voice (9th Edition)  
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review  
Discerning the Voice of God: How to Recognize When God is Speaking  
Playing Their Parts: 19th Century Automata, Musical Boxes and Singing Birds  
Reclaiming Late-Romantic Music: Singing Devils and Distant Sounds (Ernest Bloch Lectures)  
Franco Corelli and a Revolution in Singing  
The Singing Turk: Ottoman Power and Operatic Emotions on the European Stage from the Siege of Vienna to the Age of Napoleon  
A Practical Guide for Performing, Teaching, and Singing the Brahms Requiem  
Saani Dahataat: The Women Are Singing : Poems and Stories (Sun Tracks, Vol 23)

