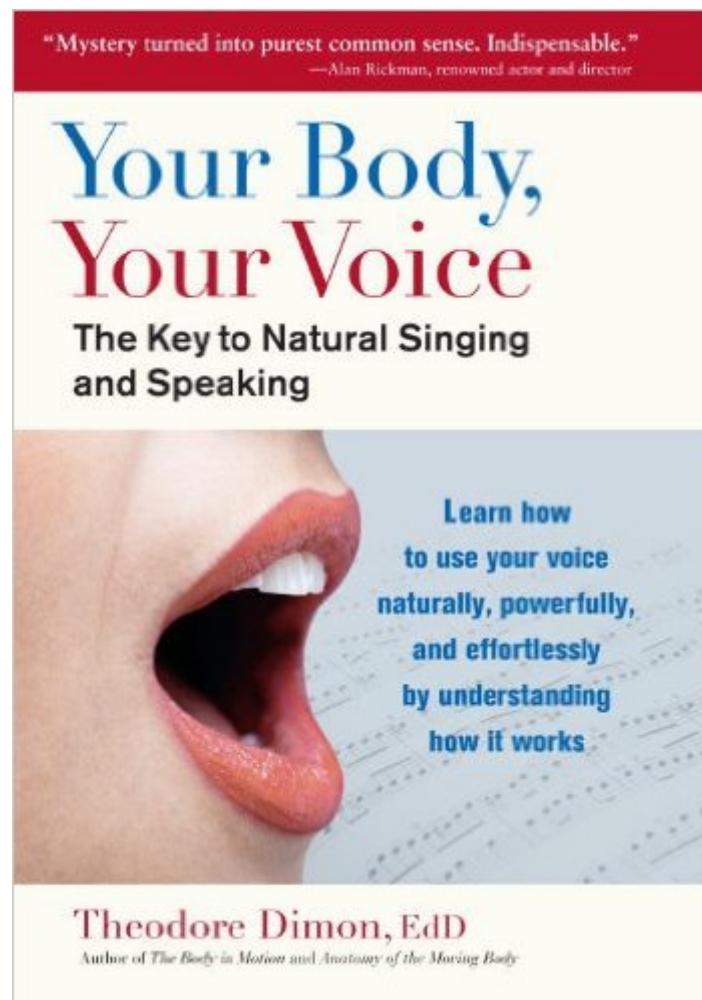


The book was found

# 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 voice, producing a pure sung tone, vocal registers, the suspensory muscles of the larynx, and more.

## Book Information

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## 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.

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