

Find Your Voice Save Your Life Powerful Women Real Stories

Finding Your Voice
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Week Guide to Confidently Sharing Your Message with Those
Who Need It Most
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Free Your Voice
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Writing Your Truth
Set Your Voice Free

Finding Your Voice

This is a creative workbook for individuals who want to explore their relationship with food and their bodies in a new way. It is based on the idea that art is one of the most powerful inroads to psychological healing through the fostering self-expression, insight, and empowerment. Creativity connects us to our inner voice; healing occurs when we listen. Written by board-certified art psychotherapists, the pages of this workbook literally serve as a canvas for thoughts and feelings - spoken - primarily through art and

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elaborated upon through writing. Readers are encouraged to draw, write, and create directly in the book. These images, symbols, and journal entries then become a personal signature that can be accessed and explored to resolve any obstacles to emotional well-being. Fifty-eight expressive art projects and corresponding written exercises lead readers through specific stages of self-discovery related to disordered eating patterns, body image issues, relationships, life skills, emotions, self love, and personal transformation. These various tasks can be completed independently, in conjunction with individual therapy, in a treatment facility or self-help group, or in an educational setting. A list of basic, inexpensive materials is provided. This workbook is appropriate not only for individuals who are seeking answers to a variety of issues with food and weight, but also for the professionals who want innovative materials to use with clients in the recovery process.

Find Your Voice On Social Media: The Six Week Guide to Confidently Sharing Your Message with Those Who Need It Most

Get tough Find Your Voice Stay Authentic. Each day, the workplace produces a unique set of issues, opportunities and challenges for women working across all sectors and industries. These challenges will come from all corners: external business conditions, internal workplace dynamics, the result of our own self-defeating habits, etc. Successful female leaders must be tough, and poised to answer hard questions along the way. How can you remain 'authentically awesome' in the workplace? How do you increase the value which you bring to your company? How can you recognize, and deal with mean-girls in the workplace who can hinder you from succeeding? What are some strategies to survive - and thrive - through a job loss?

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Find Your Voice

Offers advice for women in emotionally abusive marriages, including ingredients in a thriving marriage and patterns that destroy relationships.

Finding Your Voice Through Creativity

Every time we open our mouths, we have an effect on ourselves and the way others perceive us. The ability to speak clearly and confidently can make or break a presentation, an important meeting, or even a first date. Now, with the advent of Skype, YouTube, podcasting, Vine, and any number of reality talent competitions, your vocal presence has never been more necessary for success or more central to achieving your dreams. Roger Love has over 30 years of experience as one of the world's leading authorities on voice. Making use of the innovative techniques that have worked wonders with his professional clients, Love distills the best of his teaching in *Set Your Voice Free*, and shares exercises that will help readers bring emotion, range, and power to the way they speak. This updated edition incorporates what he's learned in the last 15 years as the Internet and talent competitions have completely changed the role your voice plays in your life. These are the new essentials for sounding authentic, persuasive, distinctive, and real in a world that demands nothing less.

Finding Your Voice in Law School

Drawn from interviews with students and attorneys from leading law schools and firms, *Finding Your Voice in Law School* delivers winning strategies for succeeding in law school and beyond. Many college graduates aren't prepared for the new challenges they will face in law school. Intense classroom discussion, mock trials and

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moot courts, learning the language of law, and impressing potential employers in a range of interview situations—it sounds intimidating, but it doesn't have to be. *Finding Your Voice in Law School* offers a step-by-step guide to the most difficult tests you will confront as a law student, from making a speech in front of a room full of lawyers to arguing before a judge and jury. Author Molly Shadel, a former Justice Department attorney and Columbia law graduate who now teaches advocacy at the University of Virginia School of Law, also explains how to lay a strong foundation for your professional reputation. Communicating effectively—with professors, at social gatherings, with supervisors and colleagues at summer jobs, and as a leader of a student organization—can have a lasting impact on your legal career. Building the skills (and attitude) you need to shine among a sea of qualified students has never been more important. *Finding Your Voice in Law School* shows what it takes to become the lawyer you want to be.

Finding Your Voice, Telling Your Stories

Write fearlessly. Write what is true and real to you. Bestselling, award-winning author Angie Thomas brings her talents to this essential creative writing journal. From initial idea to finished draft, Angie shares her thoughts, advice and best practices on developing a true-to-you writing project. Packed full of step-by-step tips, writing prompts and exercises for:

- Discovering story ideas
- Creating memorable characters
- Realizing your setting
- Shaping your story
- Getting feedback from others
- And more!

With 24 illustrated inspirational quotes from Angie's acclaimed novels *The Hate U Give* and *On the Come Up*, and plenty of blank pages for your own words, *Find Your Voice* will ignite your creativity and help you bring your own unique stories to life. A must-have for aspiring writers and Angie fans.

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Finding Your Voice

Finding Your Voice with Dyslexia/SpLD is an essential guide to living with dyslexia and other specific learning difficulties (SpLD). The book provides readers with a practical guide to expressing and developing ideas and feelings. Uniquely designed for dyslexic/SpLD readers, this book discusses individual functions and will help enable those addressed to: understand how they think, know what they can do to maintain clear thinking, know how they can positively contribute to any situation in which they find themselves. When people with SpLD find their voice, they gain the self-esteem and confidence to tackle all elements of life (study, employment, general living), and to negotiate successfully with those around them. The book contains stories, insights, examples, tips and exercises, presented in a user-friendly way throughout. The book has also been designed for non-linear reading, and each chapter also includes a "dipping-in" section to guide the reader. As well as providing vital assistance for people with dyslexia and other specific learning difficulties, this book will benefit anyone supporting, living, or working with dyslexic/SpLD people by helping them to understand more about the dyslexic/SpLD world.

The Voice Book

Find Your Voice As a Leader

Master Singers

'Find Your Voice - The No. 1 Singing Tutor' is the fully revised and extended 2nd edition of this classic, best-selling singing book. 'Find Your Voice' is the ultimate user-friendly guide to singing and the

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voice for singers of all styles and abilities. In this extremely approachable and practical singing tutor book you will discover how to: breathe properly, develop a sound singing technique, unlock the potential of your voice, audition and perform successfully, develop the perfect practice regime and warm up your voice effectively. The author, Jo Thompson, is one of the UK's leading vocal coaches, drawing on over 25 years of teaching experience. She combines the benefits of a classical training with extensive experience in TV, film and the music industry. Artists she has worked with include James Morrison, John Newman, Craig David, George Ezra, Jessie Ware, Elly Jackson, Ellie Goulding, Ella Eyre, and the Overtones.

Finding Your Writer's Voice

In 2014, I got fired. After hours of sobbing, I started to see the silver lining: This was meant to happen. I wasn't meant to work for that company. I was supposed to step into my purpose and learn how to share my message with the right people. As I built my business, I often felt uncertain. I lacked confidence. I felt alone. My mom, who of course only wanted what was best for me, suggested I "go get a job". She wanted me to stop fighting so hard and take what she thought was the easy route to paying my bills: a job. Have you been there? Have you felt like no one gets what you're trying to do, what you feel called to do? My faith and perseverance paid off: I didn't stay broke forever. I hired a business coach and wrote my first book, a process that taught me tons about who I am, what I believe and who I want to serve. Naturally, those messages came out in my social media posts. I began attracting the right teammates and clients on social media. A fantastic team of women supported me as I wrote this book. Their stories and passion to help women succeed are in these pages. I'm excited to share with you the strategies that have helped many women begin confidently sharing their important

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message on social media.

Good Words

What is your voice saying about you? Your unique voice—its volume, tone, and pitch—is the invisible key to a good first impression. But stress can cause your voice to falter—right when you need to speak up! Now, breath therapist and music teacher Jutta Ritschel offers 65 easy exercises to keep your voice always well-tuned—whether you’re rehearsing a speech or performance, or simply seeking your most confident self. Stretch like a cat: Free tense muscles, widen your rib cage, and breathe deeply. Read aloud: Practice expressing emotion! Befriend your voice: Hear the difference between how you sound to yourself and to others. Most important of all, you’ll learn to find comfort in silence—and hear your inner voice before you speak.

Finding Your Voice

The Overland Monthly

In a culture that praises blending in over standing out, productivity over purpose, and noise over truth, many women find their God-given voice compromised, quieted, or even mocked. We all long to live out our divinely designed passions and unique talents, yet too often it becomes so much easier in the face of opposition to stay silent altogether. What if God is calling you to so much more? As a working mom, wife, artist, and abolitionist, Natalie Grant has struggled to live on purpose while battling the worldly demands of keeping up the appearance of perfection. Emerging from her own dark spiral of suffocating inadequacy, Natalie found fresh hope in the truth that God has already given women everything they need to

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live out their God-given identity, passions, and calling. Finding Your Voice offers the heart-rallying, life-giving truth that a woman's voice is not an uncalled-for interference to be silenced, but a gift to be used for God's Kingdom purposes. In voice lessons as in life, a strong vocal identity requires us to first stand firm, breathe deep, and finally, go for it—loud and clear. With rich scriptural study and personal stories infusing every chapter, Finding Your Voice reveals how to discover your own unique talent, train it according to God's Word, and start using it for the good of others—without guilt and apology.

Finding Your Voice

The incredible story of a lead singer's rise to fame and his crushing fall when he lost his singing voice, his career, and his marriage--and then found a new calling more in tune with God than he ever thought possible. Mark Stuart was the front man of popular Christian rock band, Audio Adrenaline, at a time when the Christian music scene exploded. Advancing from garage band to global success, the group sold out stadiums all over the world, won Grammy Awards, and even celebrated an album going certified Gold. But after almost twenty years, Mark's voice began to give out. When doctors diagnosed him with a debilitating disease, the career with the band he'd founded and dedicated his life to building was gone. Then to his shock, his wife ended their marriage, and Mark believed he'd lost everything. Unsure of his future, Mark traveled to Haiti to help with the band's ministry, the Hands and Feet Project. When the devastating 2010 earthquake hit, media learned he was present and sought him out for interviews. Ironically, Mark became the scratchy voice for the struggling Haitians, drawing the world's attention to their dire circumstances. In the process, Mark found a greater purpose than he'd ever known before. In this gripping, compelling new book, Mark Stuart overlays his story with passages

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from the gospel of John, urging his readers to listen for God's voice and to embrace his big love that calls us into a big life.

Do Sing

Plain English Guide to Windows Vista

How do you become a writer? You write! It sounds easy but many of us struggle to express ourselves. These simple activities are designed to build your confidence as a writer. Everyone has a story to tell and there are lots of different ways to tell that story. This guide will provide several options so that you can make writing a daily practice. Your voice matters, so make your voice heard!

The Emotionally Destructive Marriage

Holistic in its philosophy, "Finding Your Voice" offers easy-to-follow exercises for such preparatory measures as breathing and diction; it also ventures to teach readers to use singing as a metaphor for facing other challenges in their lives. Illustrations, exercises, and sheet music throughout.

Playing Big

"This unique and powerful book is a must-read for any woman on a path of self-discovery and personal empowerment. Authored by seven leading female psychologists, Finding Your Voice is full of inspiring wisdom and practical tools and will give the reader thousands of dollars worth of therapy for the price of one book!"
-Barbara De Angelis, Ph.D. author of Are You the One for Me?
Recognize and realize your true desires Is your life what you want it to be? For most women, the answer is not really. Too often, we

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listen to everyone but ourselves when it comes to determining how our lives should be proceeding-and this prevents us from living the lives we really desire. In this remarkable new book, a team of highly credentialed psychologists shows you how to overcome unproductive, blameful thoughts and unrealistic expectations-the things you tell yourself about how marriages, friendships, children, and careers should be. Each chapter lays out widely promoted images of a modern woman-the mother raising a perfect child and loving every minute of it, the top-of-her-game career woman, the woman who loves her body just as it is-then reveals how women more often beat themselves up with these ideals than achieve them. *Finding Your Voice* shows you how to use self-talk to sort through expectations, isolate your own voice, and take the necessary steps to meet your unique needs. You'll be happier and more confident, and you will live a more fulfilled life-the one you're entitled to.

Losing My Voice to Find It

Find your voice, and communicate with confidence Ever wondered why nobody hears you in meetings, or wished people would take you more seriously? Or maybe you're unhappy with your accent, or you feel insecure about your high-pitched or monotonous voice? *Voice and Speaking Skills For Dummies* will help you to discover the power of your voice, understand how it works, and use your voice like a professional whether in meetings, addressing an audience, or standing in front of a classroom. Take a deep breath, relax those vocal cords, and make your speech sparkle! We're not all planning to become politicians, or likely to address large audiences on a regular basis, but we all need to be able to communicate well to achieve success. Certain professions require a high level of vocal confidence, notably teachers and business leaders. As well as using body language effectively, we also rely on our voice to convey passion, exude enthusiasm, and command

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attention--and that's before we've considered the content of our words! A clear understanding of how your voice works, how to maximize its effectiveness, and ways to overcome voice 'gremlins' such as speaking too fast, stuttering, or sounding childish, is pivotal to enabling you to succeed, whatever the situation. Highlights the importance of your voice, explains how to use it effectively Gives you confidence in public speaking Helps you use your voice to make a great first impression in all aspects of your life Includes a CD with vocal exercises to help you communicate with confidence. Whether you're looking to improve your speaking skills for work or personal gain--or both--Voice and Speaking Skills For Dummies gives you everything you need to find your voice and communicate with confidence. Note: CD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

Find Your Voice

Finding Your Voice follows two high school students who encounter speech restrictions and learn about First Amendment rights against the backdrop of a school assembly. Through conversations with teachers, a counselor, and a college student, they discover the value and limits of expression while exploring ways to make their own individual statements.

Godey's Magazine

Finding Your Voice is a personal, comprehensive guide for survivors of abuse making the journey toward healing. Led by an author who has walked the path for more than three decades, readers will find encouragement and hope as they move step-by-step to a place of recovery. Part memoir, part blueprint for recovery, Finding Your Voice uses a mix of personal anecdotes, accumulated

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knowledge, expert techniques and good, common sense to help readers navigate a new path in the aftermath of abuse. With clear instructions and insightful examples, the author leads readers through the five stages of healing-- while teaching them how to improve and strengthen their relationships - built upon the foundation of years of self-help work, therapy, and reflection, and the author's own transformative approach to healing. Recognize abuse Embrace the Big 3- Self acceptance, love and self-respect Understand how your behaviors are the key to lasting change Learn how to manifest your true desire Discover the joy you deserve by applying the "Happy Booster." The healing journey takes time and patience. The mix of empathy, practicality and encouragement running throughout Finding Your Voice provides the ideal guide for that journey. A workbook is available as a companion to Finding Your Voice.

Finding Your Voice

An illuminating guide to finding one's most powerful writing tool, Finding Your Writer's Voice helps writers learn to hear the voices that are uniquely their own. Mixing creative inspiration with practical advice about craft, the book includes chapters on: Accessing raw voice Listening to voices of childhood, public and private voices, and colloquial voices Working in first and third person: discovering a narrative persona Using voice to create characters Shaping one's voice into the form of a story Reigniting the energy of voice during revision

Change Your Voice, Change Your Life

Find Your Voice

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Asserting that each life contains the makings of a memoir, these 167 exercises give writers the tools to explore their memories and turn them into great stories. Condensing 20 years of teaching experience into stimulating exercises, this book teaches the craft of whittling a life story into a polished memoir. Real students -- who have been using these methods in the classroom -- offer their comments on just how helpful these exercises can be.

Find Your Voice

Learn to use the one musical instrument we all have! Whether you're an accomplished singer or a complete beginner, Jo can help you to improve your singing through a combination of simple exercises, straightforward advice and practical hints.

Master Your Message

There is often a dichotomy between the academic approach to singing that voice students learn in the studio and what professional singers do on the operatic and concert stage. Great singers at the top of the performing profession achieve their place with much analysis and awareness of their technique, art, interpretation and stagecraft that goes far beyond academic study and develops over years of experience, exposure, and the occasional embarrassing error. Master Singers brings these insights to the student, teacher, and emerging professional singer, giving them many needed signs and signals along the road to achieving their own artistry and established career. Through interviews with some of today's most accomplished and renowned concert and operatic singers, including Stephanie Blythe, David Daniels, Joyce DiDonato, Denyce Graves, Thomas Hampson, Jonas Kaufmann, Simon Keenlyside, and Ewa Podles', Master Singers provides vocalists making the transition from student to professional with indispensable advice on matters ranging

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from technique and its practical application for effective stage projection to the practicalities of the business of professional singing and maintaining a career to recommendations for vocal hygiene and longevity in singing. Rather than relying on a traditional one-singer-at-a-time structure, Donald George and Lucy Mauro distill answers to a range of essential, probing questions into a thematic approach, creating not a standard interview book but a true reference for emerging professional singers. An indispensable resource and reliable guide, *Master Singers* will find its place on the bookshelf of singers of this generation and the next.

Tough As Nails

"In her coaching and programs for women, Tara Mohr saw how women were "playing small" in their lives and careers, were frustrated by it, and wanted to "play bigger." She has devised a proven way for them to achieve their dreams by playing big from the inside out."--Amazon.com.

Voice and Speaking Skills For Dummies

☐This book is brilliant! It will change lives.☐ - Suzy Walker, Editor-in-Chief, *Psychologies* 'A fantastic guide to speaking up and overcoming insecurities by the best voice coach ever.' - Viv Groskop, author of *How to Own the Room* Speak up and stand out Whether you want more social confidence in your day-to-day life, are hosting an event or appearing on a podcast, *Find Your Voice* will empower you to be bold, be present and captivate any audience. Based on decades of helping broadcasters, celebrities, teachers and top level professionals speak effortlessly in front of others, renowned voice teacher and communication expert Caroline Goyder will show you how to: · Harness the full potential of your body, breath and voice · Genuinely connect to others in a dizzyingly

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distracted world · Stand out as calm speaker whatever the situation

Using Your Voice Effectively in the Classroom

Need clarity on what to do next? It is not that there are no options, or nobody give you advice. On the contrary, the choices can be overwhelming. What is important is knowing what is right for you in your season. Say ""NO"" to the noise and ""YES"" to your life. Lost that ""spark"" somewhere along the way? You are an unique gift to the world - discover clarity of direction and shine! Joel Boggess has Master's degrees in counseling and business. He has been a life and career coach since 2006. In addition to his own journey, Joel offers a number of real-life accounts of the growth and success his clients have experienced. These stories bring to life the truths he offers. Highly relatable and immediately applicable, Finding Your Voice will help you get back in touch with the real you to live your best possible life. You will learn: How to get ""unstuck"" and move forward to the life you were born to live How to take control of your schedule and live a life with less chaos and more meaning How to make better decisions for work, home and family, and to be at peace with your life direction How to identify unique gifts and skills that enable you to make a difference in the world

Finding Your Voice

As a teacher, you are required to use your voice more than any other professional! Your voice is the most important tool that you have at your disposal to inspire students and help them learn effectively. Using your voice powerfully and effectively is the key to becoming an outstanding teacher. Developing a strong vocal presence in the classroom influences everything else that you do, helping to build your confidence and positive interactions with students. If you

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neglect your voice as a teacher, you are more likely to end up stressed, have a shorter teaching career and suffer from vocal health issues. This book explores how you can learn to use your voice effectively in the classroom, linking together basic theory about vocal production and teacher identity with numerous practical tips, tricks and exercises which you can apply to your own teaching. Covering all aspects of the voice and its employment both inside the classroom and its importance to daily life outside, the book tackles topics such as: the philosophy of the voice, how it develops and its role in creating your own identity the mechanical and mental skills required to develop a teaching voice acquiring confidence and an exploration of body language to underpin your vocal production the relationship between the student's voice and the teacher's voice the importance of practice for a teacher the practicality of caring for one's voice. *Using Your Voice Effectively in the Classroom* offers a much-needed exploration and thorough examination of the voice in the classroom and will be an indispensable guide for trainee teachers, as well as valuable reading for all practising teachers.

Finding Your Voice with Dyslexia/SpLD

Many people have been in those awkward situations in which they're the center of attention with no idea what to say or how to say it. Vernon shares on how he, Chris Brogan, and Patrice Washington were able to overcome the challenges to finding their voices and delivering masterful messages. No matter if someone is on stage, behind the microphone, on a podcast, or sitting in front of a camera, they will learn key strategies to keeping their cool and finding their voice in *Master Your Message*.

Finding Your Voice

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Free Your Voice

Science is beginning to prove what ancient cultures fully embraced: your voice can become one of the most powerful agents of transformation in every facet of your life. Free Your Voice offers you the liberating insights and personal instruction of music healing legend Silvia Nakkach, whose four-decade immersion in the voice as a creative force makes her a uniquely qualified educator. With co-author Valerie Carpenter, Silvia shows how to reclaim the healing potential of your voice (regardless of training or experience) through more than 100 enjoyable exercises that are steeped in spiritual tradition and classical vocal technique and backed by the latest science. Free Your Voice invites us to "savor a banquet of our own divine sounds" as we practice breathwork, chant, and other yogic techniques for emotional release, opening to insight, and much more. Supplemented by 32 downloadable digital audio tracks offering Silvia's guidance through many of the exercises, here is a definitive resource for implementing the voice as an instrument of healing and fulfillment, exploring: How to develop a practice of breath and voice, performed with consistency and imagination, where sound designs its own landscapes through the expressive power of the voice A series of sonorous yogic practices that involve subtle movements and the sustained focus of the mind in sound A gentle path for developing a voice that is fully embodied, uniquely expressive, and played like a fine musical instrument Invocatory words and ancient seed sounds that deliver explicit spiritual information for expansion of consciousness and well-being A beginning repertory of mantras and chants from many cultures that you can build on and share as you deepen your practice Techniques for vocal improvisation to engage your singing imagination and enrich your musical offerings How to foster confidence and kindness toward yourself as a vulnerable chanteur of the universal song How to cultivate singing as a spiritual practice for yourself and

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to serve a larger community "With regular practice," writes Silvia, "vocalizing, singing, and chanting become an ordinary miracle that effortlessly leads you to a sense of self-confidence, compassion, and Love Supreme." Free Your Voice is your guide to discovering, opening, and revealing the full potential of your own voice.

Find Your Voice " The No. 1 Singing Tutor

The Conservator

This book presents a specific sequence of exercises and activities that can improve anyone's reading, writing, speaking, and listening skills.

The Little Book of Speaking Up

Finding your voice can be used as a resource by actors at all levels, from students and young professionals to established and experienced actors. Drama teachers in schools and committed amateur actors who want to increase their vocal skills and understanding will also find it invaluable.

The Idler

Written 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 of easy-to-follow vocal-strengthening exercises—including Hum and Chew, Puppy Dog Whimper, Sirens, Lip Trills, and Tongue Twisters—is

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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.

Find Your Voice: a Guided Journal for Writing Your Truth

'An open door to the joyous world of singing.' - Cerys Matthews
Singing is one thing, but singing together is something else. Powerful and uplifting, group singing creates deep human connections and benefits our wellbeing. And it's fun. Vocal leader James Sills believes that group singing has the power to change lives. It is a joyful expression of our humanity that gives us purpose, encourages us to be fully present, and helps foster social bonds. In *Do Sing*, James invites us to reflect on our own singing journey. Was there a time when you stopped singing, or were told you couldn't sing? Do certain songs trigger happy memories? With exercises to help unlock your voice, improve breathing, release tension, and a few simple songs to get started, *Do Sing* will help you to overcome (often deep-rooted) inhibitions and reawaken a love of singing. *Do Sing* is a welcome remedy to the demands of modern life — and an invitation to experience the joy of group singing for yourself.

Set Your Voice Free

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