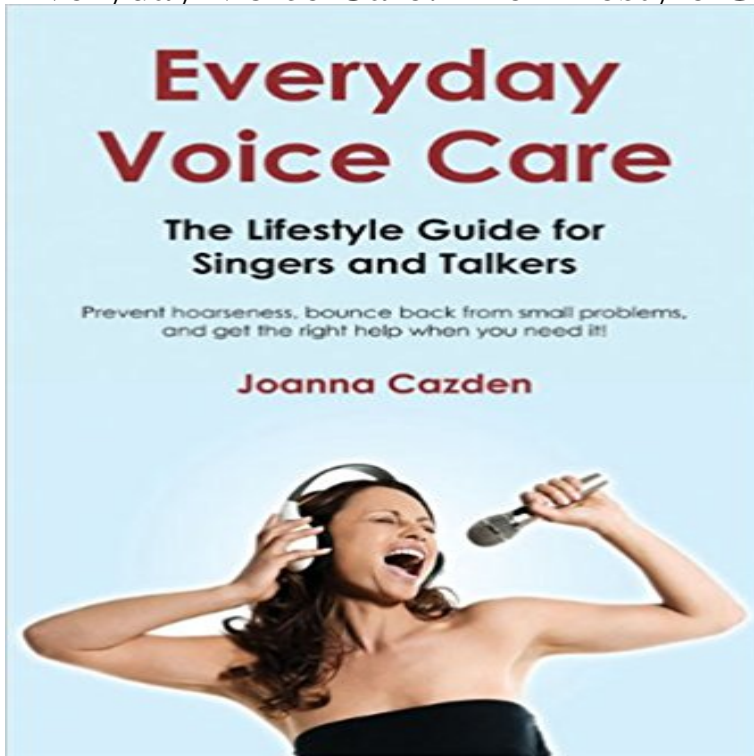


# Everyday Voice Care: The Lifestyle Guide for Singers and Talkers



The human voice expresses more than words, more than music. Vocal expression links the listener directly to another person's inner feelings, body, and soul. Keeping the voice healthy used to be as mysterious as the power of voice itself. Modern science has revealed much about the vocal mechanism and its health requirements, but simple information for the average voice user has remained hard to find and harder to trust. In *Everyday Voice Care: The Lifestyle Guide for Singers and Talkers*, respected voice therapist Joanna Cazden brings together a wealth of practical tips and advice to help keep your own expressive voice in top working order. Drawing from her experience as a singer, theater artist, and a licensed speech pathologist who has treated more than 1,000 voice patients, Cazden integrates up-to-date medical information with common-sense suggestions and sympathy for the demands of contemporary life. Chapters on food and drink, cold remedies, loud parties, travel, fitness routines, and when to see a doctor are complemented by notes on alternative health care and the spiritual dimension of vocal rest. This invaluable resource for voice and speech professionals, students, and teachers will answer even the age-old question of whether to put lemon or honey in your tea.

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