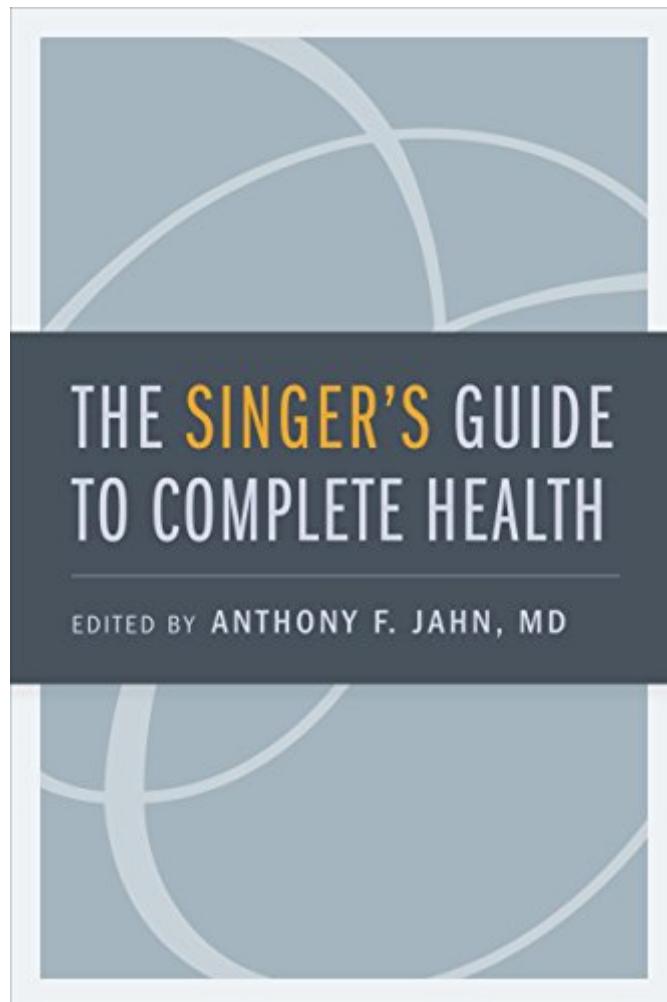


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# The Singer's Guide To Complete Health



## **Synopsis**

Anthony F. Jahn, MD, internationally acclaimed otolaryngologist and Director of Medical Services at the Metropolitan Opera in New York, offers a comprehensive guidebook on a wide range of health and disorders that affect the voice. A vital tool for singers, voice teachers, and choral directors, *The Singer's Guide to Complete Health* empowers vocal performers to take charge of their own minds and bodies, providing advice about a variety of health issues that affect professional well-being as well as remedies to the most important and common health problems that singers face in their careers. Dr. Jahn has invited a diverse group of health care specialists and music professionals to share their expertise and tips with singers and their teachers. The chapters cover a broad spectrum of topics, including not only vocal issues, but also general physical and psychological well-being, diet, and exercise, accompanied by easy-to-follow illustrations, diagrams and charts. Each chapter provides a clear explanation of an aspect of health of practical relevance to vocalists. 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 prevent illness and maintain a healthy vocal lifestyle, not only with traditional methods such as diet, exercise, and Alexander technique, but also holistic approaches such as meditation, yoga, tai chi, acupuncture, and Chinese herbs. 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 both singers and those who care for them.

## **Book Information**

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## **Customer Reviews**

I teach Vocal Pedagogy and I am so excited to use this book next fall! The writing and illustrations are clear and thorough and I love the holistic approach: taking into account mental/emotional health along with all the other topics. The inclusion of chapters on Alexander Technique, Acupuncture, Yoga for Singers is top-notch. I also appreciate the chapters on CCM techniques and the reports by coaches in the field in both London and New York. What a welcome and refreshing addition to my vocal ped library!

This book covers the basics as well as nuances of voice and singing that are not that well known. Really appreciate the different viewpoints, different authors. Dr. Jahn did a superb job coordinating it all.

Do not let the title fool you ! This text has valuable information for doctors, singers, speech pathologists and any professional that needs to nurture and preserve their speaking voice . With the combination of eastern/western medicine, along with homeopathy, this book is genious. Dr. Jahn is an excellent doctor and this book is truly a spot on example of his unique approach to patient care. The book has collected a variety of treatment ideas from a wide range of professionals , and all chapters are not only interesting but valuable. I learned information not only for the clients I treat as a speech pathologist, but for my own speaking voice when I lecture for other professionals. Highly recommended for a wide audience way beyond the professional singer .

Any questions about health choices we make are included. Anything that will affect singing is detailed, from allergies and ibuprofen to rhinoplasty.

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