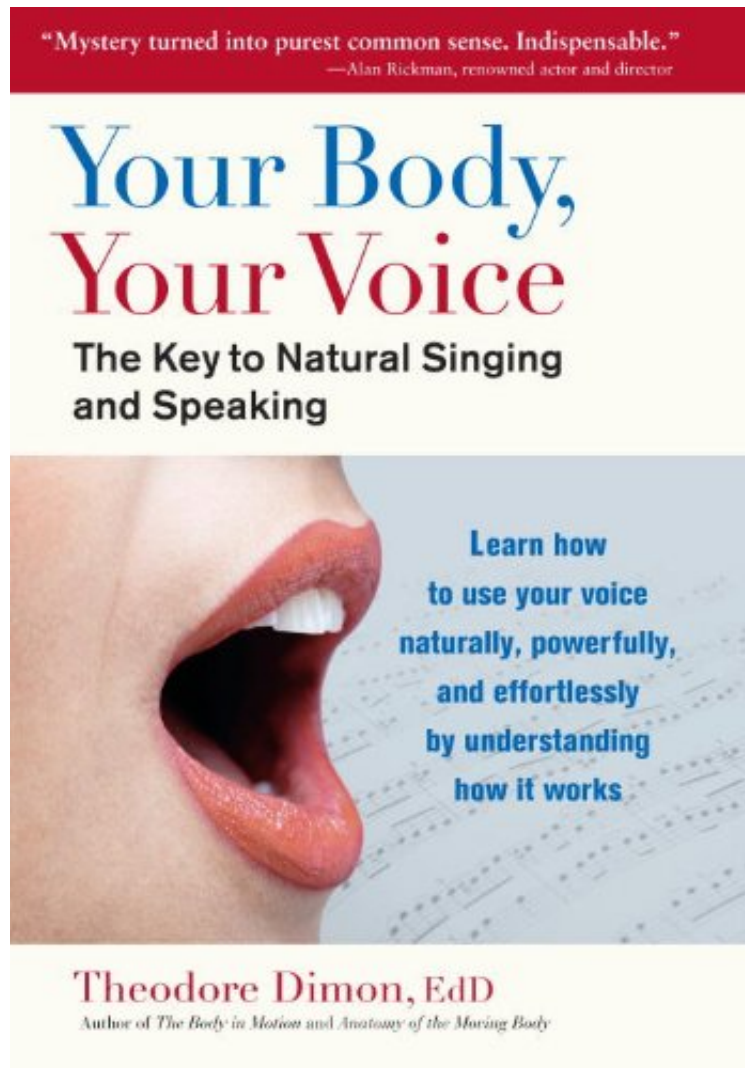


(Download pdf) Your Body, Your Voice: The Key to Natural Singing and Speaking

# Your Body, Your Voice: The Key to Natural Singing and Speaking

Theodore Dimon Jr

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**Theodore Dimon Jr : Your Body, Your Voice: The Key to Natural Singing and Speaking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Body, Your Voice: The Key to Natural Singing and Speaking:

1 of 1 people found the following review helpful. What does happen when you are singing?By CustomerPhenomenal resource if you want to understand what a voice coach means when s/he uses terms like focus, support, intention, and passagio. I was a little disappointed that vibrato was not covered, but when you are singing with the fundamentals covered, the vibrato can be controlled quite well. There were a few questionable recommendations, according to my (operatic) coach, but some of them might be applicable to different styles of singing. Get a good voice teacher, but if

you are a retired anatomy physiology teacher, you will want this book to refer back to, for a nuts-and-bolts explanation. 0 of 0 people found the following review helpful. Good info. Need more practice use  
By Cheick DIARRASSOUBAA lot of good information about how you should be using your body to have a great voice. But only about less than 10% of the document gives practice tip to get to this step.  
5 of 6 people found the following review helpful. A distillation for total voice training  
By CustomerI purchased this book this weekend, and read it in one sitting. Once I finished, I realized that this was the book that brought into ONE package all of the training and voice pedagogy that I have studied through separate authors. The writer brings an intensive training in physiology and the actual function of the vocal instrument and its place within a larger body mechanism. He eschews breath training methods that engender tensions and imbalance in the total system. At several points in the text I wanted to shout "hooray!" Any teacher of voice should have this book in their library for training singers. There is no "magic vocal exercise" in this book, but you can select your training tools based on the particular function that you are trying to achieve. I look forward with great anticipation to his next book "Anatomy of the Voice". This is a MUST own, MUST read book.

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

"Mystery turned into purest common sense. Indispensable." Alan Rickman, renowned actor and theater director  
Theodore Dimon's *Your Body, Your Voice* is a godsend in tackling and elucidating the technical mysteries of voice production. The result is a factual, logical, objective, and practical perspective that exposes many fallacies existing today under the name of vocal technique. Anyone who is genuinely serious about singing will find extraordinarily simple and liberating truths about how the body can embody the voice in the most spontaneous and natural manner. Malcolm Walker, professor of voice at the Conservatoire National Supérieur de Musique et de Danse de Paris  
About the Author  
The director of the Dimon Institute in New York City, Theodore Dimon, EdD, teaches and lectures internationally. A founding director of the American Society for the Alexander Technique, he lives in New York City.