1. Record Nr. UNINA9910452588703321 Autore Gates Rachael Titolo The owner's manual to the voice: a guide for singers and other professional voice users // Rachael Gates, L. Arick Forrest, Kerrie Obert Pubbl/distr/stampa Oxford: New York: .: Oxford University Press, . [2013] ©2013 **ISBN** 0-19-999303-3 0-19-996466-1 0-19-996467-X Descrizione fisica 1 online resource (287 p.) Altri autori (Persone) ForrestL. Arick ObertKerrie Disciplina 783/.043 Soggetti Voice - Care and hygiene Voice culture Voice - Physiological aspects Electronic books. Lingua di pubblicazione Inglese Materiale a stampa **Formato** Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references (pages 241-245) and index. Nota di contenuto Cover; Contents; List of Figures, Tables, and Video Clips; Acknowledgments; About the Authors; How to Use This Book; About the Companion Website; 1. Introduction; 2. Your Instrument at a Glance; 2.1 Where Is It?; 2.2 Bodymapping; 2.3 The Basic Mechanics; 2.4 The Many Functions of the Larynx; 3. The Singer as an Athlete; 3.1 Buff, With Abs of Steel; 3.2 Sleep; 3.3 Nutrition; 3.4 Foods to Avoid and Why; 3.5 Body Movement; 3.6 Vocal Maintenance; 3.7 Vocalizing; 3.8 Mouth Breathing Versus Nose Breathing; 3.9 Vocal Hazards; 3.10 Vocal Myths; 4. Troubleshooting; 5. Indirect Culprits; 5.1 Asthma 5.2 Allergies 5.3 Dehydration; 5.4 Obesity; 5.5 Premenstrual Syndrome; 5.6 Pregnancy; 5.7 Menopause; 5.8 Old Age; 5.9 Arthritis; 5.10 Reflux and Heartburn: 5.11 Obstructive Sleep Apnea Syndrome: 6. What Purpose Does the ENT Clinic Serve and How Will It Serve You?; 6.1 The ENT Clinic; 6.2 The Voice Specialists; 6.3 Working as a Team; 7. A Vocalist's Guide to Finding the Right ENT; 7.1 Why Go?; 7.2 Whom to

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Singers must equip themselves with enough knowledge to clearly convey specific sensations and difficulties with their instrument. Understanding of potential dangers and disorders, familiarity with a variety of medical procedures, and comprehension in various facets of diagnosis and treatments empower singers to ""own,"" just like other musicians, their instrument. The Owner's Manual to the Voice provides singers with the knowledge necessary to communicate effectively and in intelligent terms about their instrument, especially when conversing with medical professionals. Beginning with an overvi