

# CONTENTS

Foreword . . . . .	5	<b>Part 1</b>	
Preface . . . . .	7	Building Confidence . . . . .	41
Acknowledgments . . . . .	8	Exercise 1 . . . . .	42
About the Author . . . . .	9	Exercise 2 . . . . .	43
Introduction . . . . .	12	Exercise 3 . . . . .	44
How To Use This Book . . . . .	19	Exercise 4 . . . . .	44
Basic Principles . . . . .	21	Exercise 5 . . . . .	46
How Your Voice Works		Exercise 6 . . . . .	46
The Creation of Vocal Tone . . . . .	21	Exercise 7 . . . . .	48
Vocal Cord Vibration—		Exercise 8 . . . . .	49
Where Your Voice Begins . . . . .	22	Exercise 9 . . . . .	50
Breath support . . . . .	24	Exercise 10 . . . . .	51
Vocal cord adjustment . . . . .	27	Exercise 11 . . . . .	52
Resonance—Why Your Voice Is Unique . . . . .	29	Exercise 12 . . . . .	54
Physical sensations . . . . .	30	Exercise 13 . . . . .	55
What to Remember . . . . .	30	<b>Part 2</b>	
How Your Voice Works Best		Toward Speech-Level Singing . . . . .	57
The Natural Technique of Speech-Level Singing . . . . .	31	Exercise 14 . . . . .	58
Your Speech-Level—		Exercise 15 . . . . .	59
A Foundation for Vocal Freedom . . . . .	31	Exercise 16 . . . . .	60
Speech-level Singing—		Exercise 17 . . . . .	61
Feeling and Sounding Natural . . . . .	34	Exercise 18 . . . . .	62
Singing low notes . . . . .	34	Exercise 19 . . . . .	63
Singing high notes . . . . .	34	Exercise 20 . . . . .	64
The passage areas of your range . . . . .	35	Exercise 21 . . . . .	65
Singing through the passage areas . . . . .	35	Exercise 22 . . . . .	66
Vocal cord thinning . . . . .	37	Exercise 23 . . . . .	67
Vocal cord shortening . . . . .	37	Exercise 24 . . . . .	68
What to Remember . . . . .	37	Exercise 25 . . . . .	69
How to Get Your Voice to Work for You		Exercise 26 . . . . .	70
The Training Process . . . . .	38	<b>Part 3</b>	
Developing Coordination—		Technique Maintenance . . . . .	71
The First Step . . . . .	38	Exercise 27 . . . . .	72
Building Strength—All in Good Time . . . . .	39	Exercise 28 . . . . .	73
What to Remember . . . . .	39	Exercise 29 . . . . .	74
Practical Exercises . . . . .	40	Exercise 30 . . . . .	75

<b>The Author Speaks Out</b> . . . . .	76	<b>Health and Care of the Singer's Voice</b> . . . . .	86
General Questions . . . . .	76	Your Posture . . . . .	86
Classifying Voices . . . . .	76	Bad Habits . . . . .	86
Range Extension . . . . .	76	Using alcohol and drugs . . . . .	86
Tone Development . . . . .	78	Smoking . . . . .	86
Using Microphones . . . . .	78	Eating before singing . . . . .	86
Singing in Different Styles . . . . .	78	Shocking your cords . . . . .	87
Singing Outdoors . . . . .	78	Using excessive volume . . . . .	87
Choosing a Teacher . . . . .	79	Other Factors . . . . .	87
Exploiting Student Voices . . . . .	79	Imitation of other singers . . . . .	87
Voice Science . . . . .	79	Remedies that don't work . . . . .	87
Performers as Teachers . . . . .	80	Unnecessary vocal rest . . . . .	87
Singing in Choir . . . . .	80	Emotional stress and fatigue . . . . .	87
Choir Directors as Voice Teachers . . . . .	81	Hormones . . . . .	87
Popular Music and Traditional Teaching . . . . .	81	Your environment . . . . .	87
Selecting Music . . . . .	82	<b>Appendix</b> . . . . .	88
Singing in Foreign Languages . . . . .	82	<b>Glossary</b> . . . . .	91
Practicing . . . . .	83	<b>Audio Track Index</b> . . . . .	95
Singing in Rehearsals . . . . .	84		
Voice Competitions . . . . .	84		
The Young Voice . . . . .	84		
The Aging Voice . . . . .	85		