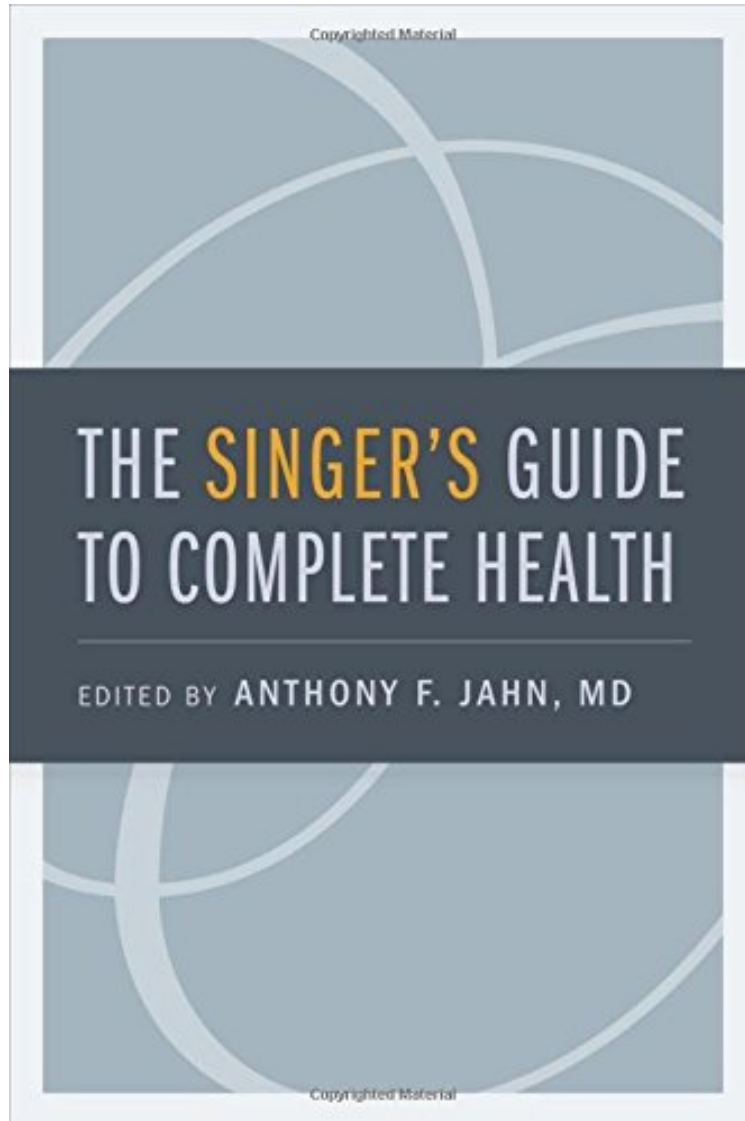


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The Singer's Guide to Complete Health

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From Oxford University Press : The Singer's Guide to Complete Health before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Singer's Guide to Complete Health:

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medicine, along with homeopathy, this book is genius. 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.

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.

"All singers should read [this book] with care...An indispensable book that I think doctors would also be wise to read." --Fred Plotkin, *Opervore*"The numerous contributors represent diverse professionals with an interest in the vocal performer, all with credentials befitting their role in this comprehensive, well-written text. This is a book singers can refer to repeatedly as they experience a wide range of life and health events." -J. Edgar, Truman State, *CHOICE*About the AuthorDr. Jahn is a Board-certified otolaryngologist who practices in New York with a special focus on the care of professional voice patients. He has written and lectured widely on the care of singers. Dr. Jahn has had a 30-year association with the Metropolitan Opera as covering physician, has toured with the company, and is Medical Director at the Met. In addition to clinical care, Dr. Jahn has published numerous books and articles, and writes a monthly column in *Classical Singer Magazine* on health issues.