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Breath in Action: The Art of Breath in Vocal and Holistic Practice

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EDITED BY JANE BOSTON AND RENA COOK

BREATH IN ACTION

The Art of
Breath *in*
Vocal and
Holistic Practice

FOREWORD BY CICELY BERRY, OBE, DIRECTOR OF ROYAL SHAKESPEARE COMPANY

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#1696036 in Books 2009-05-15 2013-10-01 Original language: English PDF # 1 10.00 x .58 x 7.00l, 1.10
#File Name: 1843109425256 pages | File size: 47.Mb

From Jessica Kingsley Publishers : Breath in Action: The Art of Breath in Vocal and Holistic Practice before purchasing it in order to gauge whether or not it would be worth my time, and all praised Breath in Action: The Art of Breath in Vocal and Holistic Practice:

5 of 5 people found the following review helpful. Comprehensive and accessible By Lester T. Shane A richly detailed collection of articles on breathing. Anatomy, practice, theory, and spiritual values are all explored and commented on by the authors. Recommended to everyone who breathes.

Breath in Action looks at the significance of breath to human life - not just the simple fact that if we stop breathing, we

die, but also the more subtle ways in which our breath interacts with our voice and our being. Written by experts in vocal and holistic practice, the book is divided into four sections: Breath and the Body; Breath and the Mind; Breath and Holistic Practice; Breath and Performance. It offers the latest theories from a variety of disciplines on how we can be taught to breathe better so as to communicate better, act or sing better, feel better, live better. Combining theory with practice, many of the chapters also offer clearly laid out breathing exercises and techniques. Interdisciplinary in its focus, *Breath in Action* adds to specialist knowledge in the performance field, whilst also offering enlightening information for those interested in therapeutic and healing processes, movement, and voice and speech sciences.

Breath in Action offers a rich tapestry of approaches to effective breathing that occasionally contrast, but mostly complement each other.... The writers of *Breath in Action* are literally and figuratively filled with inspiration. May their wise words enlighten theatre artists for years to come. --American Theatre The mystery of breath continues to intrigue us. We still do not know all the answers but as Judylee Vivier says, there is nothing really new: "The basic principles are definitive but there are many doors through which we can enter the same room". On this basis, this is an interesting addition to any practitioner's bookshelf. (Voice Matters) This is an inexpensive and fascinating book for those interested in finding out more about what influences the theatre voice practitioner. (Speech Language Therapy in Practice) *Breath in Action* offers a rich tapestry of approaches to effective breathing that occasionally contrast, but mostly complement each other... The writers of *Breath in Action* are literally and figuratively filled with inspiration. May their wise words enlighten theatre artists for years to come. (American Theatre) About the Author Jane Boston is Senior Voice Practitioner and Head of Artistic Research and Development at the Royal Academy of Dramatic Art, London. She holds an Advanced Diploma in Voice Studies from the Central School of Speech and Drama, London. In her 20 year teaching career she has served as voice teacher, acting teacher and director in a number of educational institutions and theatres, including the National Youth Theatre of Great Britain and the Central School of Speech and Drama. Jane divides her time between work in London and home in Brighton, where she lives with her partner and their daughter, Ella. Rena Cook is Head of Voice at the University of Oklahoma School of Drama where she teaches voice, speech and dialects. In her 20-year career, she has served as voice and dialect coach or director for over 200 productions and she is a distinguished actress, presenter and voice-over artist. Rena holds an MA in Voice Studies from the Central School of Speech and Drama and an MFA in Directing from the University of Oklahoma. She has taught lawyers, politicians, teachers, and supervisors to use the voice more effectively through her private business, Vocal Authority. Rena lives in Oklahoma with her husband, Joe.