

Power Performance For Singers Transcending The Barriers By Emmons Shirlee Thomas Alma 1998 08 20 Hardcover

Performance Psychology in ActionThe Black AtlanticTranscendenceTranscending High-Conflict DivorceCultural StrugglesThe American Music TeacherChoiceA Darwinian LeftMedical Problems of Performing ArtistsUnderstanding the Borderline MotherCurrent ContentsThe Inner Game of MusicThe Singing BookLetting GoAuthentic Voices, Authentic SingingTranscending MysteriesThe Untethered Soul (EasyRead Super Large 24pt Edition)Musical ExcellenceTristanissimoThe Dark Face of HeavenA Light in the DarknessThen Sings My SoulHow to Have Confidence and Power in Dealing with PeopleRerun EraTranscendingChildhood's EndThe Band's VisitThe Routledge Companion to Interdisciplinary Studies in Singing, Volume II: EducationThe Saxophone SymposiumTranscending BoundariesBook Review DigestThe Art of the Song RecitalYoga for SingersFirms of EndearmentNotesThe Singularity Is NearGuardians of BeingPower Performance for SingersThe Power of Adrienne RichThe Vocal Pitstop

Performance Psychology in Action

Whether you are singer, Broadway performer, school teacher, salesperson, or call centre operator, this book will inform and provide you with the tools you need to protect, manage, and maybe even save your voice. The Vocal Pitstop is written by Adam Rubin, MD, a performer and actor who qualified as one of the world's foremost laryngologists, and who recognized that most singers and performers - in fact, most of us - have no idea what is going on in our 'voice box', how we can look after it and, worse, what could be going wrong. Here then, is his light-hearted but not light-weight, serious but not scientific guide to your voice, and what you need to do to keep it on the road - it is the manual for your pitstop crew Dr Rubin covers all you'll need to know, including vocal health, methods of voice rest, 'quack' cures to avoid, when to pull on to the hard shoulder, when to call in to the garage, and much, much more. Featured are useful checklists, do's and don'ts, practical hints and tips, who to see for help, what to avoid, and questions to ask of voice professionals. Be informed. Your voice is your profession as well as your personality - abuse it, you may lose it

The Black Atlantic

The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than

you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true." ---- Introduction

Transcendence

Traces the life of the Danish tenor known for his great power and beautiful lyricism, looks at his major operatic roles, and discusses his appearances on radio and in motion pictures

Transcending High-Conflict Divorce

Cultural Struggles

The American Music Teacher

Rerun Era is a captivating, propulsive memoir about growing up in the environmentally and economically devastated rural flatlands of Oklahoma, the entwinement of personal memory and the memory of popular culture, and a family thrown into trial by lost love and illness that found common ground in the television. Told from the magnetic perspective of Joanna Howard's past selves from the late '70s and early '80s, Rerun Era circles the fascinating psyches of her part-Cherokee teamster truck-driving father, her women's libber mother, and her skateboarder, rodeo bull-riding teenage brother. Illuminating to our rural American present, and the way popular culture portrays the rural American past, Rerun Era perfectly captures the irony of growing up in rural America in the midst of nationalistic fantasies of small town local sheriffs and saloon girls, which manifested the urban cowboy, wild west theme-parks, and The Beverly Hillbillies. Written in stunning, lyric prose, Rerun Era gives humanity, perspective, humor, and depth to an often invisible part of this country, and firmly establishes Howard as an urgent and necessary voice in American letters.

Choice

Today's best companies get it. From Costco® to Commerce Bank, Wegmans to Whole Foods®: they're becoming the ultimate value creators. They're generating every form of value that matters: emotional, experiential, social, and financial. And they're doing it for all their stakeholders. Not because it's "politically correct": because it's the only path to long-term competitive advantage. These are the Firms of Endearment. Companies people love doing business with. Love partnering with. Love working for. Love investing in. Companies for whom "loyalty" isn't just real: it's palpable, and driving unbeatable advantages in everything from marketing to recruitment. You need to become one of those companies. This book will show you how. You'll find specific, practical guidance on transforming every relationship you have: with customers, associates, partners, investors, and society. If you want to be great—truly great—this is your blueprint. We're entering an Age of Transcendence, as people increasingly search for higher meaning in their lives, not just more possessions. This is transforming the marketplace, the workplace, the very soul of capitalism. Increasingly, today's most successful companies are bringing love, joy, authenticity, empathy, and soulfulness into their businesses: they are delivering emotional, experiential, and social value—not just profits. Firms of Endearment illuminates this, the most fundamental transformation in capitalism since Adam Smith. It's not about "corporate social responsibility": it's about building companies that can sustain success in a radically new era. It's about great companies like IDEO and IKEA®, Commerce Bank and Costco®, Wegmans and Whole Foods®: how they earn the powerful loyalty and affection that enables truly breathtaking performance. This book is about gaining "share of heart," not just share of wallet. It's about aligning stakeholders' interests, not just juggling them. It's about building companies that leave the world a better place. Most of all, it's about why you must do all this, or risk being left in the dust and how to get there from wherever you are now.

A Darwinian Left

This is one of the first books to describe the emerging practice of 'performance psychology'. The field applies the same mental skills that were once taught only to expert athletes, but are now being taught to a broad range of 'performers' - including actors and dancers, lawyers, surgeons, business leaders, rescue workers and others in high-risk occupations. This title applies research and practice from many fields, including sport psychology, psychotherapy, industrial-organizational practice, and executive coaching. It blends theory and practice by integrating literature reviews with real-world applications - for a broad range of clients. It provides extensive session transcripts, including consultants' thoughts and reactions throughout each session.

Medical Problems of Performing Artists

What does it take to be a professional singer in today's technological world? Why do singers with less technical skill sometimes out-perform stars? What is that mysterious factor that makes an electric performance? This collaboration

between a voice teacher and a performance psychologist teaches skills that work for singers at all levels of ability, experience, and training. 20 music examples.

Understanding the Borderline Mother

Current Contents

The first love in our lives is our mother. Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are at risk for developing this complex and devastating personality disorder themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a "make-believe" mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim. A Jason Aronson Book

The Inner Game of Music

In 2008, singer-songwriter Lisa Sniderman was living the dream in California. As Aoede, the Muse of Song, her star as a gifted recording artist was rising fast. Lisa's quirky folk-pop performance style electrified audiences up and down the West Coast, and the albums just kept flowing. But just when her career was rocketing skyward, a health crisis brought all of her dreams crashing to the ground. Diagnosed with a rare, debilitating immune disorder called dermatomyositis (DM), Lisa struggled to maintain a normal life with a body in revolt and, eventually, to accept a new normal. Living with a chronic illness challenged Lisa to see DM as a gift in disguise that has opened the door to new dreams, new songs, and new opportunities. Lisa's story is for you if you seek strength, new inspiration, hope, joy, healing, and if you or someone you love struggle with a chronic illness, disability, or unexpected life events. Her insights and reflections on her journey inspire hope and the courage to keep dreaming and living to the fullest no matter what life hurls at you.

The Singing Book

In the Retro Hugo Award-nominated novel that inspired the Syfy miniseries, alien invaders bring peace to Earth—at a grave price: “A first-rate tour de force” (The New York Times). In the near future, enormous silver spaceships appear without warning over mankind’s largest cities. They belong to the Overlords, an alien race far superior to humanity in technological development. Their purpose is to dominate Earth. Their demands, however, are surprisingly benevolent: end war, poverty, and cruelty. Their presence, rather than signaling the end of humanity, ushers in a golden age . . . or so it seems. Without conflict, human culture and progress stagnate. As the years pass, it becomes clear that the Overlords have a hidden agenda for the evolution of the human race that may not be as benevolent as it seems. “Frighteningly logical, believable, and grimly prophetic . . . Clarke is a master.” —Los Angeles Times

Letting Go

A compelling collection of the many voices and experiences of trans, genderqueer, and nonbinary Buddhists Transcending brings together more than thirty contributors from both the Mahayana and Theravada traditions to present a vision for a truly inclusive trans Buddhist sangha in the twenty-first century. Shining a light on a new generation of Buddhist role models, this book gives voice to those who have long been marginalized within the Buddhist world and society at large. While trans, genderqueer, and nonbinary practitioners have experienced empowerment and healing through their commitment to the Buddha, dharma, and sangha, they also share their experiences of isolation, transphobia, and aggression. In this diverse collection we hear the firsthand accounts, thoughts, and reflections of trans Buddhists from a variety of different lineages in an open invitation for all Buddhists to bring the issue of gender identity into the sangha, into the discourse, and onto the cushion. Only by doing so can we develop insight into our circumstances and grasp our true, essential nature.

Authentic Voices, Authentic Singing

In this ambitious book on southern gospel music, Douglas Harrison reexamines the music's historical emergence and its function as a modern cultural phenomenon. Rather than a single rhetoric focusing on the afterlife as compensation for worldly sacrifice, Harrison presents southern gospel as a network of interconnected messages that evangelical Christians use to make individual sense of both Protestant theological doctrines and their own lived experiences. Harrison explores how listeners and consumers of southern gospel integrate its lyrics and music into their own religious experience, building up individual--and potentially subversive--meanings beneath a surface of evangelical consensus. Reassessing the contributions of such figures as Aldine Kieffer, James D. Vaughan, and Bill and Gloria Gaither, Then Sings My Soul traces an

alternative history of southern gospel in the twentieth century, one that emphasizes the music's interaction with broader shifts in American life beyond the narrow confines of southern gospel's borders. His discussion includes the "gay-gospel paradox"--the experience of non-heterosexuals in gospel music--as a cipher for fundamentalism's conflict with the postmodern world.

Transcending Mysteries

Taking a brass tacks approach to communication, *How to Have Confidence and Power in Dealing With People* explains how to interact with others as they really are, not as you would like them to be. The goal is to get what you want from them successfully – be it cooperation, goodwill, love or security. Les Giblin, a recognized expert in the field of human relations, has devised a method for dealing with people that can be used when relating with anyone – parents, teachers, bosses, employees, friends, acquaintances, even strangers. Giblin shows step by step how to get what you want at any time and in ways that leave you feeling good about yourself. Moreover, the people who have given you what you want wind up feeling good about themselves, too. The result? Nobody gets shortchanged. It's a win-win situation. Each chapter includes a handy summary, so there's absolutely no chance of missing the book's key points. You can also use these recaps to refresh your memory after you've finished the book. Instead of feeling miserable about your interpersonal skills, read this best-selling guide and learn to succeed with people in every area of your life.

The Untethered Soul (EasyRead Super Large 24pt Edition)

How do so many of us transcend trauma? Trauma can initiate transformation, and trigger a natural evolutionary dynamic. Trauma can transport us into otherworldly realms that help us heal. Yet while these revolutionary findings are often overlooked, transformative experience is a vital part of the psychology of the future. Dr. Janet Colli presents compelling stories of spiritual awakening, out-of-body experiences (OBEs), lucid dreams, and near-death experiences (NDEs)—revealed during trauma therapy. Those who experience a dark night of the soul often develop special awareness or enhanced perceptual abilities. Trauma may be a portal to a biologically-based transformation of the human personality. Yet such growth or transformation is a natural evolutionary process anyone can access. Dr. Colli's transpersonal case stories chronicle the healing of cancer, panic attacks, eating disorders and sexual abuse. Consciousness transforms when our ego identity is threatened and our hearts are challenged to open. "In my mid-thirties, dolphins entered my dreams. I was dying from cancer. My physical healing was extraordinary," states the author. "Moreover, I experienced a psycho-spiritual transformation." Janet's story ("Dolphin Dreams") is included in Bernie Siegel's, "A Book of Miracles." Now she shares her own story in depth because of its initiatory power. *The Dark Face of Heaven* opens with the discovery of the transpersonal realm within the history of psychology and psychiatry. Its chapters reveal the transformative traumas of cultural icons:

movie stars, rock stars and artists, such as Frida Kahlo, singer songwriter Joni Mitchell, and Jim Morrison of The Doors. The Dark Face of Heaven is based on 20 years of clinical experience with spiritual emergence. True stories of transcendence through trauma reveal the healing potential within us all.

Musical Excellence

Tristanissimo

“We fell in love with Jesus. Then we had to decide what to do with God.” In *Transcending Mysteries: Who Is God, and What Does He Want from Us?* Andrew Greer and Ginny Owens take readers on a journey to answer the question: is the God of the Old Testament the same God we relate to and worship today? As the most definitive written revelation of who God is, Scripture has always been vital to the stories of the Christian faith. The Old Testament has proved especially tough for those who have been persuaded by the gracious gospel of Jesus but also desire to surrender to a God they don't fully comprehend. We adore the Son of God, but what about God the Father? Using Old Testament stories Andrew and Ginny help Christ-followers reconcile a New Testament Redeemer with an Old Testament God and understand what God really wants from His people. They dialog back and forth as they share their own stories of struggle and surrender. Their comments are separated by speaker identifiers that are used throughout. Features include: Old Testament stories that are completed in Jesus' message Dialog between Andrew Greer and Ginny Owens Music lyrics from Andrew and Ginny that illustrate biblical truths Thought-provoking questions for reflection or study

The Dark Face of Heaven

The first comprehensive biography of Adrienne Rich, feminist and queer icon and internationally revered National Book Award winning poet. Adrienne Rich was the female face of American poetry for decades. Her forceful, uncompromising writing has more than stood the test of time, and the life of the woman behind the words is equally impressive. Motivated by personal revelations, Rich transformed herself from a traditional, Radcliffe-educated lyric poet and married mother of three sons into a path-breaking lesbian-feminist author of prose as well as poetry. In doing so, she emerged as both architect and exemplar of the modern feminist movement, breaking ranks to denounce the male-dominated literary establishment and paving the way for the many queer women of letters to take their places in the cultural mainstream. Drawing on a wealth of unpublished materials, including Rich's correspondence and in-depth interviews with numerous people who knew her, Hilary Holladay digs deep into never-before-accessed sources to portray Rich in full dimension and vivid, human detail.

A Light in the Darkness

Then Sings My Soul

In this ground-breaking book, a renowned bioethicist argues that the political left must radically revise its outdated view of human nature. He shows how the insights of modern evolutionary theory, particularly on the evolution of cooperation, can help the left attain its social and political goals. Singer explains why the left originally rejected Darwinian thought and why these reasons are no longer viable. He discusses how twentieth-century thinking has transformed our understanding of Darwinian evolution, showing that it is compatible with cooperation as well as competition, and that the left can draw on this modern understanding to foster cooperation for socially desirable ends. A Darwinian left, says Singer, would still be on the side of the weak, poor, and oppressed, but it would have a better understanding of what social and economic changes would really work to benefit them. It would also work toward a higher moral status for nonhuman animals and a less anthropocentric view of our dominance over nature.

How to Have Confidence and Power in Dealing with People

"This book examines in detail the use of the authentic voice, highlighting its virtuosity, healing potency, and importance to well-being. It demonstrates the powerful impact of the voice, using clinical examples from mental health, medical, and special education settings. In the book, the undiscovered potential of the voice in the music therapy field is emphasized. This potential is not limited to singing songs but also includes sighing, crying, screaming, groaning, humming, laughing, and lamenting as effective forms of vocalizations. The book also focuses on natural forms of singing as human expressions in different cultural traditions. The vocal examples given are used to portray how human beings around the world help and heal each other through authentic singing. The commonalities of contemporary and traditional uses of the voice reinforce its power and effectiveness as a therapeutic tool. The book integrates emotional, relational, cognitive, physical, aesthetic, spiritual and technical aspects of voice and singing into a multicultural clinical method. This is a how to book for the music therapist, creative art therapist, psychotherapist, teacher, singer or actor who is using his/her voice in therapy, education, or performance."--Publisher's website.

Rerun Era

An account of the location of black intellectuals in the modern world following the end of racial slavery. The lives and writings of key African Americans such as Martin Delany, W.E.B. Dubois, Frederick Douglas and Richard Wright are

examined in the light of their experiences in Europe and Africa.

Transcending

Describes a means to let go of the obstacles to Enlightenment and become free of negativity.

Childhood's End

The late Dwight Conquergood's research has inspired an entire generation of scholars invested in performance as a meaningful paradigm to understand human interaction, especially between structures of power and the disenfranchised. Conquergood's research laid the groundwork for others to engage issues of ethics in ethnographic research, performance as a meaningful paradigm for ethnography, and case studies that demonstrated the dissolution of theory/practice binaries. Cultural Struggles is the first gathering of Conquergood's work in a single volume, tracing the evolution of one scholar's thinking across a career of scholarship, teaching, and activism, and also the first collection of its kind to bring together theory, method, and complete case studies. The collection begins with an illuminating introduction by E. Patrick Johnson and ends with commentary by other scholars (Micaela di Leonardo, Judith Hamera, Shannon Jackson, D. Soyini Madison, Lisa Merrill, Della Pollock, and Joseph Roach), engaging aspects of Conquergood's work and providing insight into how that work has withstood the test of time, as scholars still draw on his research to inform their current interests and methods.

The Band's Visit

"Dr. Norman Rosenthal's Transcendence is the best-ever book on Transcendental Meditation: accessible and substantive, engaging and scientific, practical and profound. A very enjoyable read that can change your life, for good." - David Lynch "I have been meditating for over 10 years, and I found Transcendence to be a uniquely compelling introduction to the art and science of Transcendental Meditation. Dr. Norman Rosenthal's book will propel TM into the mainstream where it belongs." - Russell Simmons In this definitive book on the scientifically proven health and stress-relieving benefits of Transcendental Meditation, a renowned psychiatrist and researcher explores why TM works, what it can do for you, and how to use it for maximum effect. Norman E. Rosenthal, M.D., a twenty-year researcher at the National Institute of Mental Health and the celebrated psychiatrist who pioneered the study and treatment of Season Affective Disorder (SAD), brings us the most important work on Transcendental Meditation since the Maharishi Mahesh Yogi's Science of Being and Art of Living-- and one of our generation's most significant books on achieving greater physical and mental health and wellness. Transcendence demystifies the practice and benefits of Transcendental Meditation for a general audience who may have heard about the method but do not necessarily know what it is, how it is learned, or what they stand to gain, physically and

emotionally, from achieving transcendence. Dr. Rosenthal clearly and practically explains the basic ideas behind Transcendental Meditation: It is a nonreligious practice that involves sitting comfortably for twenty minutes twice a day while using a silent mantra, or nonverbal sound, to attain a profound state of aware relaxation. Alongside exclusive celebrity interviews—where figures like Paul McCartney, Ringo Starr, Martin Scorsese, Russell Brand, Laura Dern, Moby, and David Lynch openly discuss their meditation—Dr. Rosenthal draws upon experience from the lives of his patients and a wealth of clinical research amassed on TM over the past generation (340 peer-reviewed published articles). He provides the fullest and most accessible book ever on the broad range of benefits of this remarkably simple practice, from relief of anxiety, stress and depression to new hope for those experiencing addiction, attention-deficit disorder, or post-traumatic stress disorder.

The Routledge Companion to Interdisciplinary Studies in Singing, Volume II: Education

The Singing Book gets students singing on the very first day.

The Saxophone Symposium

“Startling in scope and bravado.” —Janet Maslin, *The New York Times* “Artfully envisions a breathtakingly better world.” —*Los Angeles Times* “Elaborate, smart and persuasive.” —*The Boston Globe* “A pleasure to read.” —*The Wall Street Journal* One of CBS News’s Best Fall Books of 2005 • Among *St Louis Post-Dispatch*’s Best Nonfiction Books of 2005 • One of Amazon.com’s Best Science Books of 2005 A radical and optimistic view of the future course of human development from the bestselling author of *How to Create a Mind* and *The Age of Spiritual Machines* who Bill Gates calls “the best person I know at predicting the future of artificial intelligence” For over three decades, Ray Kurzweil has been one of the most respected and provocative advocates of the role of technology in our future. In his classic *The Age of Spiritual Machines*, he argued that computers would soon rival the full range of human intelligence at its best. Now he examines the next step in this inexorable evolutionary process: the union of human and machine, in which the knowledge and skills embedded in our brains will be combined with the vastly greater capacity, speed, and knowledge-sharing ability of our creations. From the Trade Paperback edition.

Transcending Boundaries

From opera diva Karita Mattila to Lady Gaga, from Broadway's Mandy Patinkin to pop star Jason Mraz, singers are doing yoga, and experiencing its ability to free their voices and psyches. Yoga provides bountiful rewards for singers: the practice of rib-opening and spine-lengthening asanas can improve alignment, while spinal twists, pranayama breathing techniques,

and meditation can focus the mind and calm performance anxiety. Some singers have turned to beta blockers to deal with the stress of stage fright, but yoga proves there is a medication-free, self-nurturing method of combating the pressure of performing. Yoga For Singers gives singers and voice teachers the tools that yoga can provide to help improve their physical, emotional and thus vocal well-being and to manage performing with the most personal of instruments, their voices

Book Review Digest

Suggests techniques for overcoming self-consciousness and improving musical performances, shares a variety of exercises, and includes advice on improving one's listening skills

The Art of the Song Recital

First Published in 2000. Routledge is an imprint of Taylor & Francis, an informa company.

Yoga for Singers

Firms of Endearment

Notes

The Routledge Companion to Interdisciplinary Studies in Singing, Volume II: Education examines the many methods and motivations for vocal pedagogy, promoting singing not just as an art form arising from the musical instrument found within every individual but also as a means of communication with social, psychological, and didactic functions. Presenting research from myriad fields of study beyond music—including psychology, education, sociology, computer science, linguistics, physiology, and neuroscience—the contributors address singing in three parts: Learning to Sing Naturally Formal Teaching of Singing Using Singing to Teach In 2009, the Social Sciences and Humanities Research Council of Canada funded a seven-year major collaborative research initiative known as Advancing Interdisciplinary Research in Singing (AIRS). Together, global researchers from a broad range of disciplines addressed three challenging questions: How does singing develop in every human being? How should singing be taught and used to teach? How does singing impact wellbeing? Across three volumes, The Routledge Companion to Interdisciplinary Studies in Singing consolidates the findings of each of these three questions, defining the current state of theory and research in the field. Volume II: Education focuses on the

second question and offers an invaluable resource for anyone who identifies as a singer, wishes to become a singer, works with singers, or is interested in the application of singing for the purposes of education.

The Singularity Is Near

(Vocal Selections). Winner of the New York Drama Critics' Circle Award for Best Musical, The Band's Visit is a musical adaptation of the 2007 Israeli film of the same name. This vocal selections folio features 11 vocal line arrangements with piano accompaniment composed by David Yazbek: Answer Me * The Beat of Your Heart * Haled's Song About Love * It Is What It Is * Itzik's Lullaby * Omar Sharif * Papi Hears the Ocean * Something Different * Soraya * Waiting * Welcome to Nowhere.

Guardians of Being

When a high-conflict divorce drags on, it can leave you feeling anxious, depressed, and hopeless. Psychotherapist and former Huffington Post contributor Virginia Gilbert, MFT, explains how to disengage from a toxic ex, successfully parallel parent when conventional co-parenting fails, diffuse conflict, and grow and flourish as a person.

Power Performance for Singers

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

The Power of Adrienne Rich

Offers performers, teachers, and researchers, new perspectives and practical guidance for enhancing performance and managing the stress that typically accompanies performance situations. It draws together the findings of pioneering initiatives from across the arts and sciences.

The Vocal Pitstop

Since its original publication, the Emmons-Sonntag text has continually stood out as the definitive work on the song recital. The book presents imaginative advice and practical techniques for producing successful recitals and kindling audience excitement. Every aspect of the recital is covered, from building programs and the use of acting skills to the relationship between the singer and the accompanist. Singers of all levels and backgrounds will benefit from the authors vast experience in the performance of song recitals as a singer/accompanist team. The comprehensive repertoire lists, now organized by voice and instrumentation as well as by composer, appeal to both students and professional musicians. Readers will agree that the authors have met their goal of providing "extensive, throughgoing, and definitive insights into the attributes that can render the song recital at once a great art and a magnificent entertainment."

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