



# The Singer's Guide to Complete Health

By Anthony F. Jahn MD

Download now

Read Online 

## The Singer's Guide to Complete Health By Anthony F. Jahn MD

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.

 [Download The Singer's Guide to Complete Health ...pdf](#)

 [Read Online The Singer's Guide to Complete Health ...pdf](#)

# The Singer's Guide to Complete Health

By Anthony F. Jahn MD

## The Singer's Guide to Complete Health By Anthony F. Jahn MD

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.

## The Singer's Guide to Complete Health By Anthony F. Jahn MD Bibliography

- Rank: #201325 in eBooks
- Published on: 2013-07-03
- Released on: 2013-07-03
- Format: Kindle eBook

 [Download The Singer's Guide to Complete Health ...pdf](#)

 [Read Online The Singer's Guide to Complete Health ...pdf](#)

## **Editorial Review**

### Review

"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 Author

**Dr. 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.

## **Users Review**

### **From reader reviews:**

#### **Kim Bartlett:**

What do you consider book? It is just for students since they are still students or this for all people in the world, the actual best subject for that? Simply you can be answered for that query above. Every person has different personality and hobby for each and every other. Don't to be pressured someone or something that they don't wish do that. You must know how great and also important the book *The Singer's Guide to Complete Health*. All type of book would you see on many options. You can look for the internet options or other social media.

#### **Frances Heath:**

The publication with title *The Singer's Guide to Complete Health* has a lot of information that you can study it. You can get a lot of profit after read this book. This book exist new knowledge the information that exist in this book represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This particular book will bring you within new era of the glowbal growth. You can read the e-book in your smart phone, so you can read that anywhere you want.

**David Binkley:**

The Singer's Guide to Complete Health can be one of your starter books that are good idea. Most of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort that will put every word into satisfaction arrangement in writing The Singer's Guide to Complete Health although doesn't forget the main point, giving the reader the hottest and also based confirm resource facts that maybe you can be one among it. This great information could drawn you into new stage of crucial considering.

**Mary Alejandro:**

In this particular era which is the greater person or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple approach to have that. What you should do is just spending your time not much but quite enough to have a look at some books. One of the books in the top listing in your reading list will be The Singer's Guide to Complete Health. This book and that is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking way up and review this e-book you can get many advantages.

**Download and Read Online The Singer's Guide to Complete Health  
By Anthony F. Jahn MD #DFWS9ZNYREM**

## **Read The Singer's Guide to Complete Health By Anthony F. Jahn MD for online ebook**

The Singer's Guide to Complete Health By Anthony F. Jahn MD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Singer's Guide to Complete Health By Anthony F. Jahn MD books to read online.

### **Online The Singer's Guide to Complete Health By Anthony F. Jahn MD ebook PDF download**

**The Singer's Guide to Complete Health By Anthony F. Jahn MD Doc**

**The Singer's Guide to Complete Health By Anthony F. Jahn MD Mobipocket**

**The Singer's Guide to Complete Health By Anthony F. Jahn MD EPub**

**DFWS9ZNYREM: The Singer's Guide to Complete Health By Anthony F. Jahn MD**