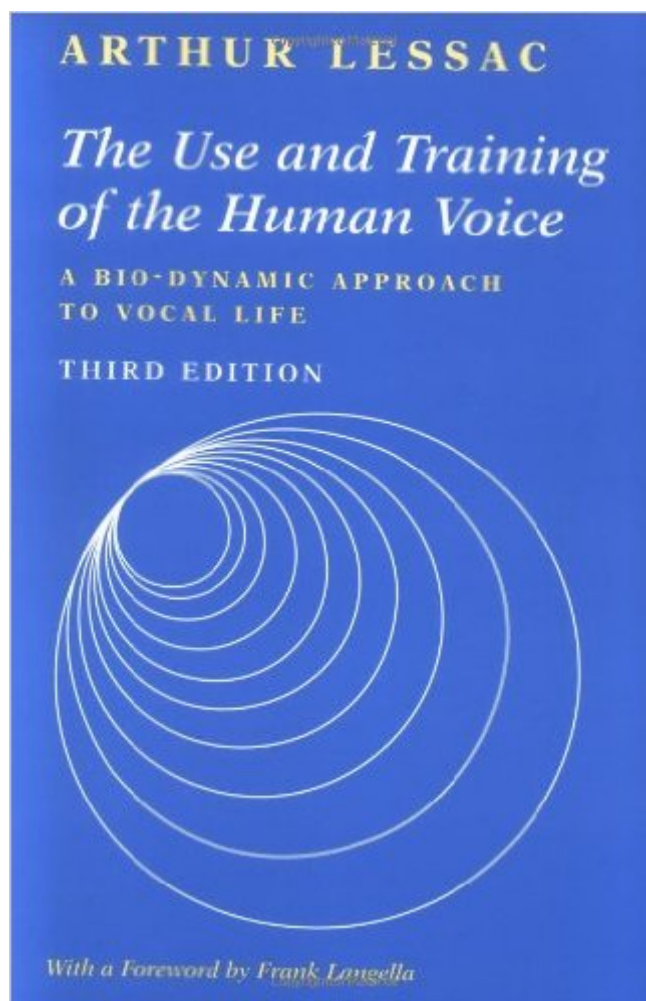


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# The Use And Training Of The Human Voice: A Bio-Dynamic Approach To Vocal Life



## Synopsis

This introductory text details Arthur Lessac's™ proven procedures for understanding, training, and improving the voice and speech of the performer by exploring the varied qualities of the physical energies associated with producing sounds.

## Book Information

Series: A Bio-Dynamic Approach to Vocal Life

Paperback: 320 pages

Publisher: McGraw-Hill/Mayfield; Third edition (November 1, 1996)

Language: English

ISBN-10: 1559346965

ISBN-13: 978-1559346962

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (12 customer reviews)

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## Customer Reviews

If you get just one book on voice development, it certainly should be this one. As a phonetics teacher, I don't agree with every single detail in the book. But as someone who has taught English pronunciation and oral skills to ESL learners for decades, and also as a radio broadcaster, I feel a strong resonance with Lessac's approach. Differing in the details doesn't really matter, since the core of Lessac training is heightened sensitivity and slightly understated but focused control rather than specifics. Lessac uses orchestral instruments as analogies to teach better articulation of each English consonant, e.g. the "N-violin" and the "T-snare drum drumbeat". Though impressionistic in approach, it does help the student have an optimal quality in mind to aim for, and to pay closer attention to each internal physical event and the effect it produces. Lessac has a fondness for coining his own jargon, like "NRG" ('energy'), "esthetic" (not "aesthetic"; 'anything that promotes sensitivity and induces awareness of sensation and perception in the body'), "kinesensic" ('intrinsic "self-to-self" sensation'), and of course the famous "Y-Buzz". The new terms are however well justified, since each figures importantly in the framework he teaches. The glossary in the back of the

book can help keep everything straight. I also flipped to the index several times when trying to sort out the differences between terms like "tonal NRG" and "structural NRG" in the context of the book. This is a solid course book, not casual reading, so take the chapters one at a time, mindfully, to reap maximum benefit from the book. This edition is attractive and carefully edited; I found not a single typo in the whole book. My one criticism is the price.

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