

# The Art of Singing - Discovering and Developing Your True Voice (Vocal Instruction)

*By Jennifer Hamady*

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## **The Art of Singing - Discovering and Developing Your True Voice (Vocal Instruction) By Jennifer Hamady**

Jennifer Hamady's ground-breaking book on singing and the psychology of performance is a must-read for every artist working today. Using the medium of the voice, Jennifer shares her insights and experiences as a voice coach, therapist, and professional singer, which will open your eyes to how we all- musicians and others- allow fear, doubt, poor learning habits, preconceived notions, and overthinking to get in the way of clear and healthy singing, self-expression, and living. With practical advice for releasing physical and emotional tension, establishing confidence and vocal strength, and embracing personal and musical optimism and wonder, The Art of Singing explores:

- \* Misconceptions about the voice and singing
- \* Finding the voice that was never lost
- \* Language and its role in singing and learning to sing
- \* Learning how you learn best and applying that wisdom to vocal learning
- \* The brain: how it works, its impact on singing and learning to sing, and how to make it work for you
- \* Fear and performance anxiety: liberating yourself from the mental shackles
- \* Reclaiming joy and confidence in your singing and self-expression
- \* Putting theory into practice: vocal physiology, technique, and delivery

The accompanying CD, in Jennifer's own voice, captures a conversation about her approach and ideas, as well as exercises that will help you discover and develop your true and best instrument. Singers of every age, level, and musical genre will benefit from this insightful first book in Jennifer's The Art of Singing series (the second book is The Art of Singing Onstage and in the Studio: [amzn.to/1UDNmoH](http://amzn.to/1UDNmoH)).

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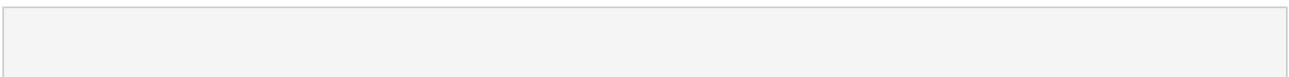
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## **Bibliography**

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### **Editorial Review**

#### **Review**

"An incredible book... I've read it twice!" Daniel Levitin, author of "This is Your Brain on Music" and "The World in Six Songs"

"In Jennifer Hamady's extremely thoughtful and commendably helpful how-to guide, she writes... with indisputable common sense, about singing from a different, if not entirely radical, perspective." David Finkle, Back Stage

"It's The Artist's Way, The Four Agreements, and Drawing on the Right Side of the Brain all rolled into one. A new book, author, and force to be reckoned with." Don Davis, Variety

"Thank you for writing this book. My heart is leaping with joy that there are other people out there thinking like this. It has given me a sense of belonging and direction for my teaching, and has been a huge help to my students." Liz Johnson, Professor, Blair School of Music, Vanderbilt University

"She's written the singer's version of 'The Secret'. Oprah would be proud!" Clair Reilly-Roe, Singer/Songwriter, NYC

"I came to Jennifer to rediscover how to sing. What she helped me find was my voice. There is no greater gift. This book should be on everyone's list of must-reads." Charles Day, The Lookingglass Consultancy

"Words cannot express how much your book has done for me as a singer and as an aspiring music educator. Thank you..." Mimi Parroco, New York University

"Jennifer's book simply confirms her abilities in discerning the fundamentals of life. Powerfully insightful, her treatment of fear not only has immediate application but revolutionary impact, as she has identified the core problems that undermine the full performance of so many people. There is no doubt in my mind that the book will have enormous positive impact on a wide cross section of people." Dr. Amii-Omara Ottunu, Chair, UNESCO Institute of Human Rights --Various

#### **About the Author**

Jennifer Hamady is a voice coach and psychotherapist specializing in technical and emotional issues that interfere with self-expression. Based in Washington DC and New York City, Jennifer works in private practice with musicians and others to discover, develop, and confidently release their best personal, professional, and performance potential. Her clients include Grammy, American Music and Country Music award-winners, performers in Emmy and Tony award-winning productions, as well as corporate clients across an array of industries. Jennifer she spent the early part of her career performing with many of music's top names including Stevie Wonder, Christina Aguilera, Patti LaBelle, Def Leppard, and Cirque du Soleil, as well as on American Idol, The Grammy Awards, Jay Leno, and David Letterman as a background singer. Jennifer conducts workshops and lectures around the world on matters of creative expression and writes regularly for The Huffington Post and Psychology Today. [FindingYourVoice.com](http://FindingYourVoice.com)

### **Users Review**

#### **From reader reviews:**

**Monica Ceja:**

The reserve untitled The Art of Singing - Discovering and Developing Your True Voice (Vocal Instruction) is the book that recommended to you you just read. You can see the quality of the e-book content that will be shown to an individual. The language that writer use to explained their ideas are easily to understand. The writer was did a lot of exploration when write the book, therefore the information that they share for your requirements is absolutely accurate. You also could get the e-book of The Art of Singing - Discovering and Developing Your True Voice (Vocal Instruction) from the publisher to make you a lot more enjoy free time.

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