

Your Voice Is All I Hear

Your Voice Is All I Hear
HearSourcebooks, Inc.
Holistic in its philosophy, "Finding Your Voice" offers easy-to-follow exercises for such preparatory measures as breathing and diction; it also ventures to teach readers to use singing as a metaphor for facing other challenges in their lives. Illustrations, exercises, and sheet music throughout. How far would you go to protect the ones you love? Rain has taken care of Ethan all of their lives. Before she even knew what autism

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meant, she was her twin brother's connection to the world around him. Each day with Ethan is unvarying and predictable, and Rain takes comfort in being the one who holds their family together. It's nice to be needed—to be the center of someone's world. If only her longtime crush, Liam, would notice her too... Then one night, her life is upended by a mistake she can't undo. Suddenly Rain's new romance begins to unravel along with her carefully constructed rules. Rain isn't used to asking for help—and certainly not from Ethan. But the brother she's always protected is the only one

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who can help her. And letting go of the past may be the only way for Rain to hold onto her relationships that matter most.

'Writing with a sharp immediacy and unremitting honesty...Forrest is a prodigiously talented writer with a genuinely original voice' Sydney Morning Herald
Time to Roar

Set Your Voice Free
Awaken to Life Through Singing

Trust Your Voice
Your Voice is Your Superpower

Making Your Voice Heard
Language and the way that people communicate has

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evolved over time, now you can learn how to effectively use your voice in the most effective way possible in order to get your message across. Every time we open our mouths, we have an effect on ourselves and the way others perceive us. The ability to speak clearly and confidently can make or break a presentation, an important meeting, or even a first date. Now, with the advent of Skype, YouTube, podcasting, Vine, and any number of reality talent competitions, your vocal presence has never been more necessary for success or more

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central to achieving your dreams. Roger Love has over 30 years of experience as one of the world's leading authorities on voice. Making use of the innovative techniques that have worked wonders with his professional clients, Love distills the best of his teaching in *Set Your Voice Free*, and shares exercises that will help readers bring emotion, range, and power to the way they speak. This updated edition incorporates what he's learned in the last 15 years as the Internet and talent competitions have completely

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changed the role your voice plays in your life. These are the new essentials for sounding authentic, persuasive, distinctive, and real in a world that demands nothing less.

A New York Times bestselling writer explores what our unique sonic signature reveals about our species, our culture, and each one of us. Finally, a vital topic that has never had its own book gets its due. There's no shortage of books about public speaking or language or song. But until now, there has been no book about the miracle that

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underlies them all—the human voice itself. And there are few writers who could take on this surprisingly vast topic with more artistry and expertise than John Colapinto.

Beginning with the novel—and compelling—argument that our ability to speak is what made us the planet's dominant species, he guides us from the voice's beginnings in lungfish millions of years ago to its culmination in the talent of Pavoratti, Martin Luther King Jr., and Beyoncé—and each of us, every day. Along the way, he shows us why the voice is the most efficient, effective

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means of communication ever devised: it works in all directions, in all weathers, even in the dark, and it can be calibrated to reach one other person or thousands. He reveals why speech is the single most complex and intricate activity humans can perform. He travels up the Amazon to meet the Piraha, a reclusive tribe whose singular language, more musical than any other, can help us hear how melodic principles underpin every word we utter. He heads up to Harvard to see how professional voices are helped and healed, and he

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ventures out on the campaign trail to see how demagogues wield their voices as weapons. As far-reaching as this book is, much of the delight of reading it lies in how intimate it feels. Everything Colapinto tells us can be tested by our own lungs and mouths and ears and brains. He shows us that, for those who pay attention, the voice is an eloquent means of communicating not only what the speaker means, but also their mood, sexual preference, age, income, even psychological and physical illness. It overstates the case

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only slightly to say that anyone who talks, or sings, or listens will find a rich trove of thrills in *This Is the Voice*. While Shelton has been known primarily for his poems dealing with the landscape of the Southwest and the destruction of that landscape, the poems in this book are much more far-ranging, including many poems dealing with social issues (the issue of illegal immigration on our southern border, homelessness), historical events (the war in Iraq, the events of 9/11) and attitudes concerning politics and the

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environment. The poems are filled with sensory images, engaged in the real world, often ironic or simply off-the-wall, and their tone ranges from deeply sad, as in a requiem for Glen Canyon on the Colorado River, to the wildly funny, as in Brief Communications from My widowed Mother.

Your voice is a powerful instrument. But how can you get the best out of it? This is a Voice is a practical toolkit of step-by-step vocal exercises to help speakers and singers of all abilities transform the quality of their voice. Using

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advice from expert vocal coaches, you'll learn: - Breathing exercises and vocal warm-ups - How to pace and project your voice- Techniques for speaking with confidence- How to sing jazz, pop, opera - and even try beatboxing - with style Whether you're a member of a choir or a professional singer, preparing for a big presentation or planning a wedding speech, This is a Voice will give you the skills to make yourself heard. With a foreword by Cerys Matthews. Change Your Voice, Change Your Life

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Even When Your Voice Shakes
Rules of Rain

How to own your space,
access your inner power and
become influential

A Family's Triumph Over
Autism

Love Your Voice

What is free speech and why is it so special? Your Voice is Your Superpower tells you why your voice matters and how you can use it and also why we must protect everyone's right to free speech. Everyone loves superheroes. Who doesn't? They're super! Some of them can fly. Some are strong. Some can become invisible. And some wear capes. But the thing that really makes them super is that

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they help people and change the world. And guess what? You have a superpower inside you. Your VOICE is your superpower. And because of a thing called freedom of speech, with that voice, you can express yourself, you can help people, and you can change the world. Now, more than ever, teaching children the value of free speech is essential to raising smart, engaged citizens. Knowing the value of free speech allows children to courageously share what they think and believe, whether it's with their family, friends, or their elected officials. Learning about the value of free speech also teaches children the importance of being good listeners, even if it means listening to points of view that differ from their own. In Your

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Voice is Your Superpower, father-daughter duo Jessica and Sandy Bohrer team up to teach children the importance of free speech and why it is essential for maintaining a functioning democracy. Your Voice is Your Superpower provides the perfect stepping-stone for parents looking to teach their children more about their First Amendment rights in an easy, appealing way. This fun, colorful book proves that the first step to raising engaged, courageous children—and in turn, raising a new generation of superheroes—starts at home. A portion of proceeds will be donated to the Committee to Protect Journalists. "The First Amendment gives us superpowers! What a terrific way to help kids understand why they are free

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to say and write what they think. This engaging story is perfect for young readers and maybe a few parents, too."

--Kathleen Carroll, Chair of the Board of the Committee to Protect Journalists

"This unique and powerful book is a must-read for any woman on a path of self-discovery and personal

empowerment. Authored by seven leading female psychologists, Finding Your Voice is full of inspiring wisdom and practical tools and will give the reader thousands of dollars worth of therapy for the price of one book!"

-Barbara De Angelis, Ph.D. author of Are You the One for Me? Recognize and realize your true desires Is your life what you want it to be? For most women, the answer is not really. Too often, we listen to everyone but

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ourselves when it comes to determining how our lives should be proceeding- and this prevents us from living the lives we really desire. In this remarkable new book, a team of highly credentialed psychologists shows you how to overcome unproductive, blameful thoughts and unrealistic expectations-the things you tell yourself about how marriages, friendships, children, and careers should be. Each chapter lays out widely promoted images of a modern woman-the mother raising a perfect child and loving every minute of it, the top-of-her-game career woman, the woman who loves her body just as it is- then reveals how women more often beat themselves up with these ideals than achieve them. Finding Your Voice

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shows you how to use self-talk to sort through expectations, isolate your own voice, and take the necessary steps to meet your unique needs. You'll be happier and more confident, and you will live a more fulfilled life-the one you're entitled to.

Science is beginning to prove what ancient cultures fully embraced: your voice can become one of the most powerful agents of transformation in every facet of your life. *Free Your Voice* offers you the liberating insights and personal instruction of music healing legend Silvia Nakkach, whose four-decade immersion in the voice as a creative force makes her a uniquely qualified educator. With co-author Valerie Carpenter, Silvia shows how to reclaim the healing potential of your

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voice (regardless of training or experience) through more than 100 enjoyable exercises that are steeped in spiritual tradition and classical vocal technique and backed by the latest science. Free Your Voice invites us to “savor a banquet of our own divine sounds” as we practice breathwork, chant, and other yogic techniques for emotional release, opening to insight, and much more. Supplemented by 32 downloadable digital audio tracks offering Silvia's guidance through many of the exercises, here is a definitive resource for implementing the voice as an instrument of healing and fulfillment, exploring: How to develop a practice of breath and voice, performed with consistency and imagination, where sound designs its

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own landscapes through the expressive power of the voice A series of sonorous yogic practices that involve subtle movements and the sustained focus of the mind in sound A gentle path for developing a voice that is fully embodied, uniquely expressive, and played like a fine musical instrument Invocatory words and ancient seed sounds that deliver explicit spiritual information for expansion of consciousness and well-being A beginning repertory of mantras and chants from many cultures that you can build on and share as you deepen your practice Techniques for vocal improvisation to engage your singing imagination and enrich your musical offerings How to foster confidence and kindness toward yourself as a

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vulnerable chanteur of the universal song How to cultivate singing as a spiritual practice for yourself and to serve a larger community "With regular practice," writes Silvia, "vocalizing, singing, and chanting become an ordinary miracle that effortlessly leads you to a sense of self confidence, compassion, and Love Supreme." Free Your Voice is your guide to discovering, opening, and revealing the full potential of your own voice.

Written to save careers one voice at a time through scientifically proven methods and advice, this resource teaches people how to protect and improve one of their most valuable assets: their speaking voice. Simple explanations of vocal anatomy and up-

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to-date instruction for vocal injury prevention are accompanied by illustrations, photographs, and FAQs. An audio CD of easy-to-follow vocal-strengthening exercises—including Hum and Chew, Puppy Dog Whimper, Sirens, Lip Trills, and Tongue Twisters—is also included, along with information on breathing basics, vocal-cord vibration, and working with students who have medical complications such as asthma, acid reflux, or anxiety.

Your Body, Your Voice

Let Me Hear Your Voice

How Listening, Communicating, and Storytelling Shape Compliance

Program Influence

The Secret to Talking with Confidence in Any Situation

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Raise Your Voice

A Practical and Spiritual Approach to Singing and Living

Why are some people more influential than others? What is it that makes people sit up and take notice? Making Your Voice Heard is a fresh take on how to successfully influence others, regardless of your gender or background.

Drawing on the latest research in social psychology, Connson Chou Locke will look at why we are prone to miscommunicate and how to overcome these barriers. This practical guide, based on her hugely popular Guardian Masterclass, will help you hone your personal style, and enhance your presence and

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influence with ease. Discover:
***The latest insights on influencing people who have more power than you**
***Gender in the workplace: how to sidestep unconscious bias**
***Energy and body cues: what does your body communicate about you?**
***Tips on how to make an impact and be seen as a leader**
***How to make a strong first impression**
***Practical exercises to help you communicate with confidence**
'Making Your Voice Heard is a treasure trove of grounded, practical advice on how to boost your presence and impact while staying authentic and true to who you are. It's a great read for anyone seeking to speak

up and step forward with more confidence and clarity.' - Caroline Webb, author of How to Have a Good Day and Senior Adviser to McKinsey & Company 'Ideal for anyone who wants to boost their presence or personal impact.'

- Kirsty McCusker-Delicado, Head of Guardian Masterclasses 'A compulsive read, full of fascinating insights [...] A great tool for people at any stage of their career.' - Mylene Sylvestre, Publishing Director, Guardian News and Media

A young aristocrat discovers she is a famous detective's daughter and sets out to prove herself a worthy heir in this intrigue-, romance-, and

action-packed debut novel. From one of Korea's literary stars, a novel about two orphans from the streets of Seoul: one becomes the head of a powerful motorcycle gang, and the other follows him at all costs In South Korea, underground motorcycle gangs attract society's castoffs. They form groups of hundreds and speed wildly through cities at night. For Jae and Dongyu, two orphans, their motorcycles are a way of survival. Jae is born in a bathroom stall at the Seoul Express Bus Terminal. And Dongyu is born mute—unable to communicate with anyone except Jae. Both boys grow up on the streets of

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Seoul among runaway teenagers, con men, prostitutes, religious fanatics, and thieves. After years navigating the streets, Jae becomes an icon for uprooted teenagers, bringing an urgent message to them and making his way to the top of the gang. Under his leadership, the group grows more aggressive and violent—and soon becomes the police's central target. A novel of friendship—worship and betrayal, love and loathing—and a searing portrait of what it means to come of age with nothing to call your own, *I Hear Your Voice* resonates with mythic power. Here is acclaimed

author Young-ha Kim's most daring novel to date.

'An open door to the joyous world of singing.' - Cerys Matthews Singing is one thing, but singing together is something else. Powerful and uplifting, group singing creates deep human connections and benefits our wellbeing. And it's fun. Vocal leader James Sills believes that group singing has the power to change lives. It is a joyful expression of our humanity that gives us purpose, encourages us to be fully present, and helps foster social bonds. In *Do Sing*, James invites us to reflect on our own singing journey. Was there a time when you

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stopped singing, or were told you couldn't sing? Do certain songs trigger happy memories? With exercises to help unlock your voice, improve breathing, release tension, and a few simple songs to get started, Do Sing will help you to overcome (often deep-rooted) inhibitions and reawaken a love of singing. Do Sing is a welcome remedy to the demands of modern life - and an invitation to experience the joy of group singing for yourself.

**Find Your Voice As a Leader
Raise Your Game, Not Your
Voice**

**This is a Voice
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Use Your Voice Why We Stay Silent and How to Speak Up

"I was the one he trusted. I was the one he loved, the only one who believed him, even when his own mother had locked him up and thrown away the key. And now, I was going to pass down the white tiled hallway, knock on his doctor's office door, slam his secret notebook on her desk and make her read it, make her understand what he was hiding, make her see what only I had seen." April won't let Jonah go without a fight. He's her boyfriend-her best friend. She'll do anything to keep him safe. But as Jonah slips into a

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dark depression, trying to escape the traumatic past that haunts him, April is torn. To protect Jonah, she risks losing everything: family, friends, an opportunity to attend a prestigious music school. How much must she sacrifice? And will her voice be loud enough to drown out the dissenters-and the ones in his head?

A groundbreaking new biography of Jack Kerouac from the author of the award-winning memoir *Minor Characters* Joyce Johnson brilliantly peels away layers of the Kerouac legend in this compelling new book. Tracking Kerouac's

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development from his boyhood in Lowell, Massachusetts, through his fateful encounters with Allen Ginsberg, William S. Burroughs, Neal Cassady, and John Clellon Holmes to his periods of solitude and the phenomenal breakthroughs of 1951 that resulted in his composition of *On the Road* followed by *Visions of Cody*, Johnson shows how his French Canadian background drove him to forge a voice that could contain his dualities and informed his unique outsider's vision of America. This revelatory portrait deepens our understanding of a man whose life and work hold an

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enduring place in both popular culture and literary history.

Most people hardly ever think about their voice ... but that needs to change!

Why? Because if your speaking voice actually sounded better, you could dramatically improve the quality of your life.

Internationally renowned vocal coach Roger Love has proven that thousands of times over the years with some of the most famous and successful people in the world. He says, "Life is all about communication ... the things you say to yourself and others. You can talk to yourself without making a

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sound, but when other people come into the picture, you eventually have to open your mouth and let sound come out. That's where I come in. I want to help you learn what sounds are working for and against you.? In *Love Your Voice*, Roger takes you step by step through the same techniques he teaches his celebrity clients, and the accompanying audio download will make it crystal clear exactly what sounds you should be making. It's time that you learned the secret sounds leading to success ... and how to truly *Love Your Voice!*

The owner's guide to the voice, this book will help

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you develop an understanding of the voice and how it works.

A Beginner's Guide to Freedom of Speech (and the First Amendment)

Free Your Voice

Reclaim your voice. Find your singing tribe.

What Every Woman Needs to Live Her God-Given Passions Out Loud

A Roadmap to Focus and Influence

Do Sing

Vocal health tips, stories from the tour bus, and action items to improve your voice and boost your self-confidence from an award-winning musician and life coach Performing with David

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Bowie, surviving the murky depths of the music business, enduring a painful divorce, and making the first music video in outer space, award-winning recording artist Emm Gryner has navigated through life's highs and lows using a secret compass: singing. Her voice, and her desire to express herself in music, has been a constant: from the early days of playing in bands while growing up in a small town, to playing arena rock shows and stadiums. Across these years and on many travels, she's discovered the human voice to be an unlikely guide, with the power to elevate

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and move people closer to authentic living. This book is about that discovery: part study in the art of singing, part guide to finding one's voice, and part memoir. This book is a must-have for anyone who knows they should be singing.

This powerful picture book shows the importance of raising your own strong voice to defend what you love. Sasha the bear loves the meadow in her forest more than anything. But when great yellow beasts threaten to cut and burn the forest, Sasha and the other animals must find a way to stop them. "Don't go roaring,"

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squirrel tells Sasha. The bird tries singing sweetly. The rabbit tries thumping to distract them. The deer tries running to lead them away. But none of these things stop the machines. Must they all run and hide? Sasha the bear knows they need something louder, something bigger, something more powerful. And Sasha knows her voice--her roar--is the most powerful tool she has. Olivia A. Cole's deceptively simple text and Jessica Gibson's vibrant art celebrate the power of learning to raise your own strong voice to defend what you love. Because sometimes you must

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be a bear. Sometimes you must roar.

Find your voice - and make your writing sing! You know a great literary "voice" when you hear it: David Sedaris's humorous cynicism. Elmore Leonard's weary, smart-mouthed dialogue. Nick Hornby's simple yet imaginative descriptions. It's the kind of writing you should aspire to, right? Well, not quite. Each of these authors found success in part by developing their own unique voice: a writing style that helped define their work. Now Les Edgerton shows you how to develop a voice of your own, one that rises about the literary din

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because of its individuality, not in spite of it! Inside, he provides guidelines, advice and dozens of exercises of recognizing and developing a natural style that will make your characters, stories and dialogues better and more memorable. You'll learn: - How to make any piece you write unmistakably yours and your alone - What agents and editors really think about using your own voice - How to write better by ignoring the rules - The keys to getting your voice and personality on the page - How to get back the unique voice you may have lost by trying to write like someone

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else Whether you write fiction, nonfiction, or poetry, *Finding Your Voice* is a must read. Editors, agents, and readers all want to read something fresh and new; by finding your voice, you'll be giving them exactly what they want! Need clarity on what to do next? It is not that there are no options, or nobody give you advice. On the contrary, the choices can be overwhelming. What is important is knowing what is right for you in your season. Say "NO" to the noise and "YES" to your life. Lost that "spark" somewhere along the way? You are an unique gift to the

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world - discover clarity of direction and shine! Joel Boggess has Master's degrees in counseling and business. He has been a life and career coach since 2006. In addition to his own journey, Joel offers a number of real-life accounts of the growth and success his clients have experienced. These stories bring to life the truths he offers. Highly relatable and immediately applicable, Finding Your Voice will help you get back in touch with the real you to live your best possible life. You will learn: How to get "unstuck" and move forward to the life you were born to live How to take control of your

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schedule and live a life with less chaos and more meaning How to make better decisions for work, home and family, and to be at peace with your life direction How to identify unique gifts and skills that enable you to make a difference in the world

Finding Your Voice

The Last Person to Hear Your Voice

Find Your Voice

The Voice Is All

This Is the Voice

The Healing Power of Singing

Finding your voice can be used as a resource by actors at all levels, from students and young professionals to established and experienced actors.

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Drama teachers in schools and committed amateur actors who want to increase their vocal skills and understanding will also find it invaluable.

Presents an impassioned account of how a mother's love saved her children from autism--after struggling with false hopes, "miracle cures," and painful accusations--through a controversial method of intensive behavior therapy. Reprint.

Marylin and Kate find that boys can be just as complicated as friendship in this conclusion to the bestselling Secret Language of Girls trilogy, a [quietly perceptive tour de force] (Kirkus Reviews) from the

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bestselling author of *Dovey Coe* and *The Secret Language of Girls*.

Marylin knows that, as a middle school cheerleader, she has certain obligations. She has to smile as she walks down the hall, be friends with the right people, and keep her manicure in tip-top shape. But Marylin is surprised to learn there are also rules about whom she's allowed to like—and Benjamin, the student body president, is deemed unacceptable. But maybe there is a way to convince the cheerleaders that her interest in Benjamin is for their own good—maybe she'll pretend that she's using him to get new cheerleading uniforms! Kate, of course, finds this ludicrous. She is

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going to like who she likes, thank you very much. And she just so happens to be spending more time than ever with Matthew Holler. But even a girl who marches to the beat of her own guitar strings can play the wrong notes—and are she and Matthew even playing the same song? She's just not sure. So when Matthew tells Kate that the school's Audio Lab needs funding from the student government, she decides to do what she can to help him get it. But there isn't enough money to go around, and it soon becomes clear that only one of the two girls can get her way. Ultimately, though, is it even her way? Or are both girls pushing for something they never

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really wanted in the first place?

A young woman speaks out against her wealthy abuser in this riveting YA novel from one of Ghana's most celebrated children's book authors.

When Amerley is offered a job working for one of her mother's old school friends, she knows she has to accept. Her wages will feed her family, help her sisters stay in school, and ensure that her mother won't have to worry about them.

Amerley's move to Accra isn't easy, but she soon settles into her new life away from her small village—until she is raped by the son of her employer. Torn between keeping quiet to keep her job and speaking up for herself and for justice,

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Amerley must decide how to live her truth, and the impact of her choice will be felt through her entire community. Through the life of an ordinary girl from a small country village, *Even When Your Voice Shakes* exposes the damage wrought by institutionalized misogyny and poverty and reveals how even those who are most disadvantaged are never without their own power.

My Voice Is a Trumpet
How to Put Personality in Your Writing

A Woman's Guide to Using Self-Talk for Fulfilling Relationships, Work, and Life

I Hear Your Voice

Sort Through the Clutter, Discover

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Clarity, Confidence, and Direction The Voice Book

From voices tall as a tree to voices small as a bee each voice deserves to be heard and has the potential to change the world.

“This book is brilliant! It will change lives.” - Suzy Walker, Editor-in-Chief, Psychologies 'A fantastic guide to speaking up and overcoming insecurities by the best voice coach ever.' - Viv Groskop, author of How to Own the Room Speak up and stand out Whether you want more social confidence in your day-to-day life, are hosting an event or appearing on a podcast, Find Your Voice will empower you to

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be bold, be present and captivate any audience. Based on decades of helping broadcasters, celebrities, teachers and top level professionals speak effortlessly in front of others, renowned voice teacher and communication expert Caroline Goyder will show you how to:

- Harness the full potential of your body, breath and voice
- Genuinely connect to others in a dizzyingly distracted world
- Stand out as calm speaker whatever the situation

"Have you ever wanted to join a choir but were afraid you couldn't carry a tune? Do you ever have

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to present at work but feel you can't convey your messages effectively because of your voice? Do you struggle to sound confident at meetings, or on the phone? Do you just dislike the sound of your own voice? You are not alone Not only is your voice a vital part of your personality but it has more to do with your mental and physical health than you realize. Raise Your Voice is written by an experienced voice coach and is full of practical tools and real life "war" stories for: people who are waking up to the power of voice to enhance the mind-body-spirit connection (including the

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treatment of mental health and eating disorders); amateur singers who know that they could do more with their voice; older people (baby boomers) realizing the health and memory benefits of singing; and people who work on their voice for a specific reason, but then discover it gives them courage to face their fears in other aspects of their lives. The personal stories interwoven make the "how to" sections come alive, and will provoke anyone who picks up the book to explore their relationship with their voice."--Publisher's description. It can be hard to speak up when power dynamics keep us silent

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and marginalized, especially when race, ethnicity, and gender are factors. Activist Kathy Khang roots our voice and identity in the image of God, showing how we can raise our voices for the sake of God's justice. We are created to speak, and we can both speak up for ourselves and speak out on behalf of others.

How to Get the Singing or
Speaking Voice You Want

The Life You Crave Is a
Conversation Away

The Sound of Your Voice, Only
Really Far Away

Your Voice in My Head

Secret Letters

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In a culture that praises blending in over standing out, productivity over purpose, and noise over truth, many women find their God-given voice compromised, quieted, or even mocked. We all long to live out our divinely designed passions and unique talents, yet too often it becomes so much easier in the face of opposition to stay silent altogether. What if God is calling you to so much more? As a working mom, wife, artist, and abolitionist, Natalie Grant has struggled to

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live on purpose while battling the worldly demands of keeping up the appearance of perfection. Emerging from her own dark spiral of suffocating inadequacy, Natalie found fresh hope in the truth that God has already given women everything they need to live out their God-given identity, passions, and calling. Finding Your Voice offers the heart-rallying, life-giving truth that a woman's voice is not an uncalled for interference to be silenced, but a gift to be used for God's Kingdom

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purposes. In voice lessons as in life, a strong vocal identity requires us to first stand firm, breath deep, and finally, go for it--loud and clear. With rich scriptural study and personal stories infusing every chapter, *Finding Your Voice* reveals how to discover your own unique talent, train it according to God's Word, and start using it for the good of others--without guilt and apology.

From bombs to psych wards. From a war-torn country to the 'land of the free'. *Find Your Voice* details

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the incredible journey from self-preservation to self-discovery to ultimate victory for Iran native Sahar Paz. More than a memoir, this book provides tools for reflection and a guide for tuning in to your authentic voice. With Sahar's poignant, personal stories as the backdrop, you will begin to understand the relationship between your inner voice, your emotions and the life that forms around them. Find your Voice reveals the power of your inner voice. You will learn how to listen to

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her, when to trust her, and how to create the life you crave.

In this innovative book, Theodore Dimon, EdD, shows how each part of the vocal organ (breathing, larynx, throat, and so on) works as part of a larger musculoskeletal system that is often interfered with, and how identifying this larger system and understanding in a practical way how it works allows a person to train and improve the voice, whether speaking or singing. Traditional vocal training methods, says

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Dimon, cannot be effective without restoring the functioning of the musculature that supports the voice. Enhanced with over 50 detailed full-color illustrations, the book discusses the fallacy of traditional breathing exercises and explains that the key to efficient breathing lies in the expansive support of the trunk and rib cage.

Investigating the elements needed to produce a strong supported tone, Dimon describes the importance of voice "placement," or directing the sound to a

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part of the body in order to produce a fully rounded, resonant tone. He identifies harmful patterns of speech and singing, and offers helpful methods for reestablishing the natural function of the vocal mechanism. Individual chapters cover elements of the whispered "ah," producing a pure sung tone, vocal registers, the suspensory muscles of the larynx, and more.

A Sydney Taylor Young Adult Honor Book All the Bright Places meets If I Stay in this heart-

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wrenching, romantic novel about a tight-knit group of teen girls coping with a devastating loss and what happens when your best friend is also your first love...and your first heartbreak. Nine months ago, Danny disappeared. His closest friends, Ellie, Rae, and Deenie, are all dealing with the loss differently. Rae's pouring herself into rage-baking. Deenie's deepening her commitment to Orthodox Judaism. And Ellie—who was Danny's girlfriend and closest friend—is the only one who doesn't believe

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he's dead. Because she still sees him. In chapters that alternate between past and present, the story of Ellie and Danny unspools—from their serendipitous meeting to Danny's effortless absorption into the girls' friend group to Danny and Ellie falling for each other. In the past, they were the perfect couple...until it all went wrong. In the present, Ellie's looking for answers. She, Rae, and Deenie all have secrets, and they each hold a clue about the night Danny

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disappeared. Can the friends come together to uncover the truth about Danny? Or will tragedy drive them apart for good?

The Key to Natural Singing and Speaking

The Last Words We Said

Transforming How You

Speak, Sing and Present

The Lonely Victory of Jack Kerouac

Raise Your Voice, Change

Your Life (What Touring

with David Bowie, Single

Parenting and Ditching the

Music Business Taught Me

in 25 Easy Steps)

A Step-by-step Guide for

Actors

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This book highlights simple and powerful ways that a child can use their voice to express who they are, what they want, and how they feel. With bright and colorful illustrations, the book centers around a young girl named Grace. She uses her voice to introduce herself and the things she likes, as well as to have fun. Grace is confident and uses her voice to say what she wants or doesn't want. When it comes to the things she needs, she isn't afraid to use her voice. This book is intended to be a playful, interactive experience between the reader and the child. It can also spark conversations that empower the child to find situations where they can use their voice to speak up.