



## HOW TO TAKE CARE OF YOUR VOICE: The Lifestyle Guide for Singers and Talkers

By Joanna Cazden MFA MS-CCC

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### HOW TO TAKE CARE OF YOUR VOICE: The Lifestyle Guide for Singers and Talkers By Joanna Cazden MFA MS-CCC

A respected voice therapist helps readers stay out of vocal trouble. Singers and speakers learn what to eat, drink, and breathe for a healthy voice; how to exercise, travel, manage colds, and combine mainstream and alternative medicine. Web links, bibliography.

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### **Editorial Review**

#### **About the Author**

Joanna Cazden, MFA, MS-CCC, is a singer, speech pathologist, and educator in Southern California. She holds advanced degrees in both performing arts and communication disorders and she has written about vocal health and technique for Onstage, Voice and Speech Review, Electronic Musician, Folkworks, and Whole Life Times.

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