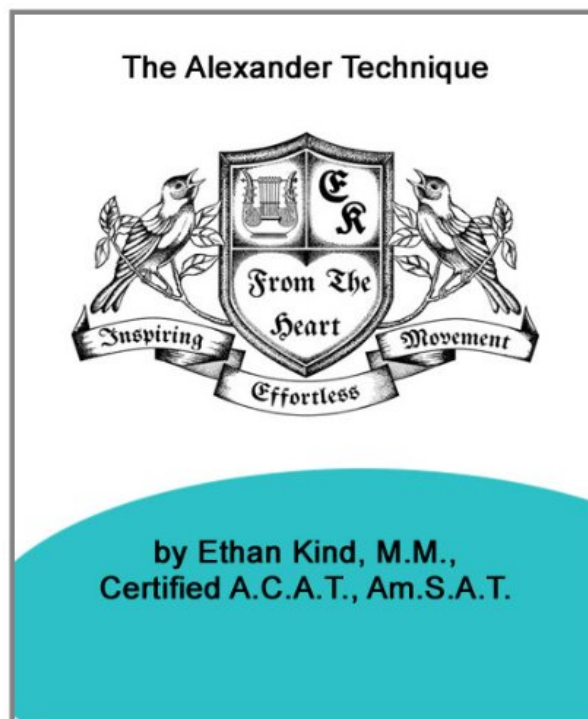


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The Alexander Technique



by Ethan Kind, M.M.,
Certified A.C.A.T., Am.S.A.T.

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This ebook uses the Alexander Technique principles of good posture and great technique to assist the singer. It is the intention of this ebook to help the singer create a personal technique and posture in singing that allows you to find the most mechanically advantageous way to sing. This ebook is filled with concepts that will help you explore what you've been doing technically and posturally in singing, and to assist you in finding a way to sing, so that singing is easier and kinder to the body. The topics are: What the Alexander Technique Has to Offer Singers; Posture: Standing and Sitting; Direction (head leading the spine into lengthening); Support; The Jaw and Neck; Torso, Shoulders, Arms, Breathing, and Expression; Inhibition and Singing (letting go of bad habits); Accuracy; Whole Body Guided Release before Singing; When You're not Doing Something, Don't Continue to Do It; The Reasons Why Performer Resist Releasing Poor Physical Habits; Singing as a Gift; and COLLECTED ESSAYS.

Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. Please contact Mr. Kind if you have any questions about this ebook, suggestions that would make this ebook clearer and more expansive, or suggestions for other ebooks that you would like to see him write about. Mr. Kind can be reached at www.ethankind.com and ethan@ethankind.com.

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Most helpful customer reviews

3 of 3 people found the following review helpful.

Even experienced singers will find value in this information...

By Amazon Customer

I have been a singing teacher and I have sung for many years. I am new to this technique and I have long wanted a book on the subject with some real meat in the detail. While books are no substitute for a personal consultation there has been a need for some real information to explore. Ethan Kind writes with a generous nature and a full explanation of the concepts. Sure there is some repetition of information, but it is necessary in order to keep resetting the context so a fuller understanding is reached. The book is in two parts. The first is the method explained and the second is a series of blog posts to give the book more volume. I found valuable insights in the second section too but there was much to wade through. For example there was a gem on warming up, but you would never find it because the book is not categorised that way. I did not deduct points for this as the quality of information demands 5 stars.

After first reading the book fully and then trying the techniques I am very happy with the results and that is only after one day. I know a bit about unlocking the voice and this is the surest short cut you will ever find.

My first attempts (after thoroughly absorbing the information) were so promising that it was a revelation. I know that I need to be in these responses and that it will take some time and dedication but the breakthroughs were enough to make me feel secure to do the work. In fact I am now determined to find a practitioner and take some personal instruction.

Just a note for users. As you read the book, it is best to note the pages/location of the 'exercises' as they are not formally organized but rather pop in the text in the process of explanation. As in "Stand up and try this...." Luckily I did this on the first read. The only other thing I would change is that the table of content should be linked to the chapters.

The author does occasionally mention God when speaking of performing, but it did not cause me any alarm. He writes with great kindness and that is an asset and a credit to his belief.

4 of 4 people found the following review helpful.

What a singer needs

By Ron S

Without basic posture, you are nowhere. Basic posture, basic singing technique, they are only 10 %. This book covers that and the other 90%, singing is mental. You can read this book and apply it to several endeavors in life. Read it if you want to be a singer.

0 of 0 people found the following review helpful.

It's ok if you like only to read

By Rebeca Viales

I was hoping for some exercises that help with the use of my body, but it's just a lot of chapters of Bla bla. It's ok if you like only to read, but not to do

See all 3 customer reviews...

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