



The Vocal Pitstop: Keeping Your Voice on Track

Adam D. Rubin

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Whether you are singer, Broadway performer, school teacher, salesperson, or call centre operator, this book will inform and provide you with the tools you need to protect, manage, and maybe even save your voice. The Vocal Pitstop is written by Adam Rubin, MD, a performer and actor who qualified as one of the world's foremost laryngologists, and who recognized that most singers and performers - in fact, most of us - have no idea what is going on in our 'voice box', how we can look after it and, worse, what could be going wrong. Here then, is his light-hearted but not light-weight, serious but not scientific guide to your voice, and what you need to do to keep it on the road - it is the manual for your pitstop crew! Dr Rubin covers all you'll need to know, including vocal health, methods of voice rest, 'quack' cures to avoid, when to pull on to the hard shoulder, when to call in to the garage, and much, much more. Featured are useful checklists, do's and don'ts, practical hints and tips, who to see for help, what to avoid, and questions to ask of voice professionals. Be informed. Your voice is your profession as well as your personality - abuse it, you may lose it!



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