

Your Voice and How to Use It

YOUR VOICE & HOW TO USE IT

THE CLASSIC GUIDE TO SPEAKING WITH CONFIDENCE



CICELY BERRY O.B.E.

VOICE DIRECTOR OF
THE ROYAL SHAKESPEARE COMPANY

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著者:Berry, Cicely

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Anxiety about how we speak prevents many of us from expressing ourselves well. In her classic handbook, Cicely Berry, Voice Director of the Royal Shakespeare Company and world-famous voice teacher, tackles the reasons for this anxiety and explains her practical exercises for relaxation and breathing, clarity of diction and vocal flexibility - everything that you need to achieve good speech.

作者介绍:

目录:

[Your Voice and How to Use It_ 下载链接1](#)

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