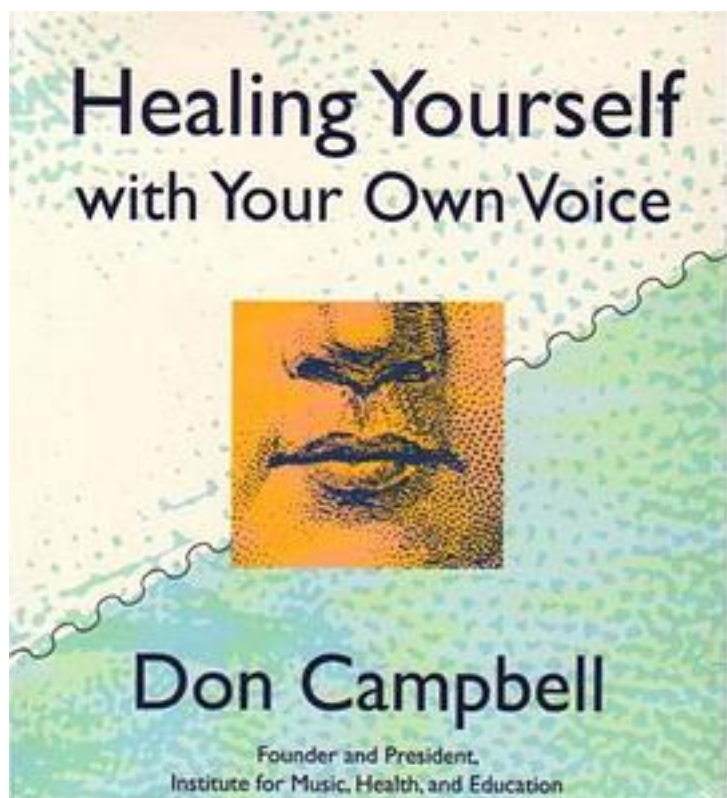


# Healing Yourself with Your Own Voice



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Ancient cultures looked at the human voice as the link between the inner and outer psyches. The voice was viewed not only as an instrument of self-expression, but also as a powerful means of self-alignment. *Healing Yourself with Your Own Voice* is about rediscovering the natural power of the human voice, and its role in establishing a balanced, healthful life. Don Campbell, founder of the Institute for Music, Health, and Education, and author of the national bestseller *The Mozart Effect*, leads you through step-by-step exercises to demonstrate how different sounds affect the brain and the

body. Exercises focus on the alignment of mind, body, and voice, an "inner massage," much more.

作者介绍:

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