



Jessica Kingsley Publishers

Breath in Action

The Art of Breath in Vocal and Holistic Practice

Edited by Jane Boston and Rena Cook

2009 • 256pp • 978 1 84310 942 6 • Paperback • \$24.95

Breath in Action looks at the significance of breath to human life—not just the simple fact that if we stop breathing, we die, but also the more subtle ways in which our breath interacts with our voice and our being. Written by experts in vocal and holistic practice, the book is divided into four sections: Breath and the Body; Breath and the Mind; Breath and Holistic Practice; Breath and Performance.

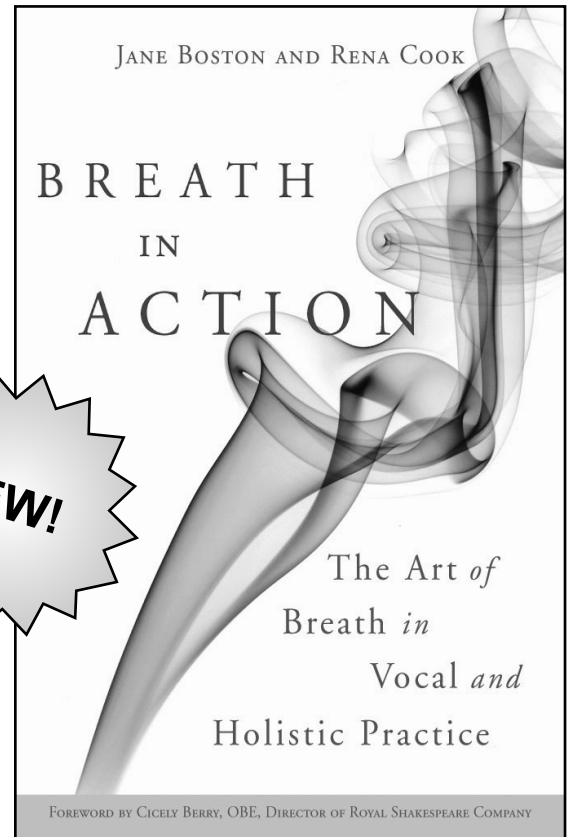
It offers the latest theories from a variety of disciplines on how we can be taught to breathe better so as to communicate better, act or sing better, feel better, live better. Combining theory with practice, many of the chapters also offer clearly laid out breathing exercises and techniques.

Interdisciplinary in its focus, *Breath in Action* adds to specialist knowledge in the performance field, whilst also offering enlightening information for those interested in therapeutic and healing processes, movement, and voice and speech sciences.

Jane Boston is Senior Voice Practitioner and Head of Artistic Research and Development at the Royal Academy of Dramatic Art, London. She holds an Advanced Diploma in Voice Studies from the Central School of Speech and Drama, London. In her 20-year teaching career she has served as voice teacher, acting teacher and director in a number of educational institutions and theatres, including the National Youth Theatre of Great Britain and the Central School of Speech and Drama.

Rena Cook is Head of Voice at the University of Oklahoma School of Drama where she teaches voice, speech and dialects. In her 20-year career, she has served as voice and dialect coach or director for over 200 productions and she is a distinguished actress, presenter and voice-over artist. Rena holds an MA in Voice Studies from the Central School of Speech and Drama and an MFA in Directing from the University of Oklahoma. She has taught lawyers, politicians, teachers, and supervisors to use the voice more effectively through her private business, Vocal Authority. Her business's website can be visited at www.vocal-authority.com.

Contents: Contributors' Biographies. Acknowledgements. Dedication. Foreword. *Cicely Berry*. Introduction. *Jane Boston and Rena Cook*. **Part I:** Breath and the Body. Introduction. *Jane Boston and Rena Cook*. 1. Anatomy of Breathing. *Dr. Yolanda Heman-Ackah*. 2. A Short History of Breath From Womb to Tomb. *Stephanie Martin*. 3. Effects of Posture and Diaphragmatic Breath. *April Pierrot*. 4. The Art of Breathing. *Jessica Wolf*. **Part II:** Breath and the Mind. Introduction. *Jane Boston and Rena Cook*. 5. Breath and the Science of Feeling. *Rebecca Cuthbertson-Lane*. 6. The Breathing Mind: The Feeling Voice. *Joanna Weir Ouston*. 7. The Art of Breathing. *Kristin Linklater*. **Part III:** Breath and Holistic Practice. Introduction. *Jane Boston and Rena Cook*. 8. Dahnjeon Breathing: Training Actors' Voices Through Korean P'ansori. *Kristin Linklater*. 9. Transformative Breath: From Shamanism to Voice Practice. *Marj McDaid*. 10. Qi Gong Breath. *Michael Morgan*. 11. Integrated Movement Practices and the Breath. *Debbie Green*. 12. Breath, Theatrical Authenticity, and the Healing Arts. *Rena Cook*. **Part IV:** Breath and Performance. Introduction. *Jane Boston and Rena Cook*. 13. Transformation and the Actor: The Responsive Breath. *David Carey*. 14. Breathing the Verse.: An Examination of Breath in Contemporary Actor Training. *Jane Boston*. 15. An Integration of Breath, Body and Mind. *Lisa Wilson*. 16. Laban and Breath: The Embodied Actor. *Katya Bloom*. 17. The Breath: Heart and Soul of the Self. *Judylee Vivier*. Index.



See reverse side for ordering information

Order Form

To order, please fill out the form below and mail to the address at bottom. Individual orders must be pre-paid using a check, money order, or credit card. Institutions using a purchase order may be billed.

- Please send me _____ copy(ies) of *Breath in Action* Edited by Jane Boston and Rena Cook
2009 • 256pp • paperback • 978-1-84310-942-6 • \$24.95

*Tax: PA residents add 7% sales tax to the subtotal. VA residents add 5% sales tax to the subtotal.

**Shipping: Add \$5.00 for one book, \$1.00 for each additional book.

_____ copy(ies) x \$24.95 = Subtotal \$

Tax* (PA & VA residents only) \$

Shipping** \$

TOTAL \$

Payment

- Please bill us (institutional customers only) P.O. Number

- Check or money order enclosed (payable to Jessica Kingsley Publishers, Inc.)

- Please charge my: Visa Mastercard American Express

Account number:exp. date

SignaturePhone number

- Please keep me informed of new books

E-mail address:

Areas of interest:

Billing Name and Address

Shipping Name & Address (if different)

.....

.....

.....

.....

.....



Send Orders To:

Jessica Kingsley Publishers

400 Market Street, Suite 400

Philadelphia, PA 19106, USA

Toll Free Phone: 1-866-416-1078 • Fax: 703-661-1501

Email: jkpmail@presswarehouse.com

To order online or for more information, visit: www.jkp.com