



Your Voice and How to Use it

Cicely Berry

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Your Voice and How to Use it Cicely Berry

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.

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