

Contents

Intro	5
The Twelve Sins	
Correcting Individuals	6
The Grievance Floodgates	8
Your Emotional Reactions	2
Your Personal Baggage	
– how and when to ditch it	14
Winging Rehearsals	17
This is Show Business	20
The Instructionally Overloaded Singer	23
Mockery	24
Showing Favouritism	25
Too Late To Fix It	26
Trashing	27
Fruitless Grousing	28
The Twelve Quick Miracle Tricks	
Waste Air	31
Breathing In Through the Vowel Shape	32
Breath of Fire	33
Small Sips of Air	35
Central Meridian Sweep	37
Scanning the Tongue For Tension	39
BING - AH / OH / EE etc	40
Blending Back to Back	41
Stance	44
Legato Painting	45
Isometric Weight Lifting	46
Noticing Your Neighbours Now	48
Coda	49
About the Author	50