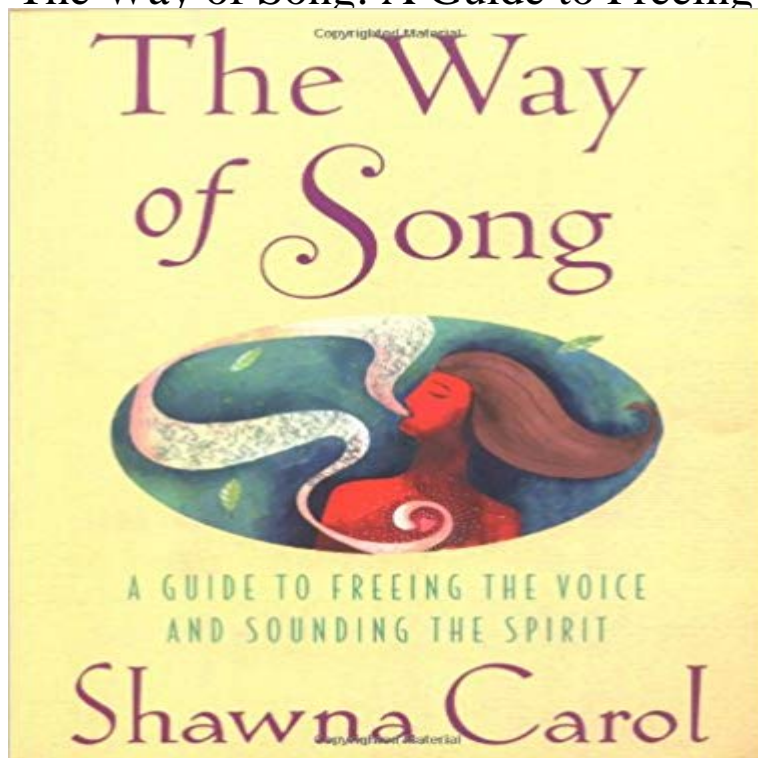


# The Way of Song: A Guide to Freeing the Voice and Sounding the Spirit



Anyone who's gotten so mad they could scream, or let out a mellow sigh of relief, knows that the voice is a powerful tool for releasing emotions. In this beautifully written guide, singer and teacher Shawna Carol shows how to harness the power of the voice as a means of self-expression and spiritual growth. Using her SpiritSong method, Carol encourages you to sing—whether or not you have what is commonly considered a good voice. Stripping away the mystique, fear, and perfectionism that so often surround singing, she begins with simple breathing exercises and builds to simple toning, followed by more complete songs. The goal is a feeling of openness, connection, and freedom that comes from self-expression. The singing itself can be done with or without words, alone or in a group. Whether or not you can read music, or even carry a tune, *The Way of Song* illuminates a sure path to reconnecting with the joy and the power of singing.

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