



# So to Speak: A Personal Approach to the Voice

*Colin Bernhardt*

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## **So to Speak: A Personal Approach to the Voice** Colin Bernhardt

Every single day we depend upon our voice to communicate with others. For the actor, singer or writer the development of voice is an essential aspect of training, but others also recognize the need to speak effectively in their work or creative life.

In *So To Speak: A Personal Approach to Voice* actor/director and acclaimed speech educator Colin Bernhardt shares a remarkable exploration of voice development. Engagingly written and elegantly illustrated, *So To Speak* contains a series of clearly-explained exercises taken from Colin Bernhardt's inspiring work with actors, singers and writers. Drawing upon far-reaching sources and techniques, from voice pioneer Kristin Linklater to philosopher Rudolph Steiner and visionary Jean Houston, *So To Speak* leads the reader on a guided journey to the source of speech - the inner self and its need to communicate. In the process the reader gains self-awareness and the ability to perform with confidence on stage or in life. *So To Speak* is destined to be a classic reference for every drama, performing arts or creative writing school or faculty and a cherished volume for all who seek to communicate effectively.

"This long overdue text is a welcome reminder of how essential good speech and deportment are, not just to my profession but to the quality of life in general. Written with care, authority and devotion, Colin Bernhardt's excellent book belongs on all our shelves. Certainly no young actor should be without it."  
Christopher Plummer

"Colin's extraordinary ability to put one in touch with one's inner self helped me to connect my singing voice with my emotions... - a vital necessity...in opera." Susan Chilcott, opera singer

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