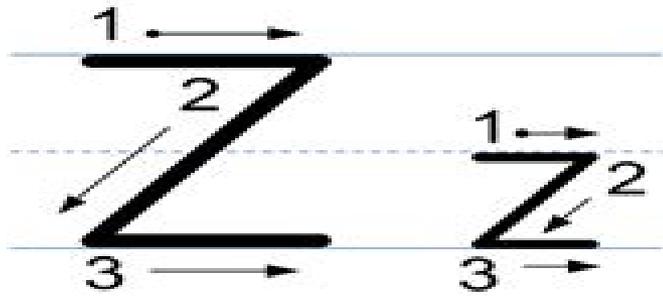


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Mindfulness and Meditation in Trauma Treatment Lynn C. Waelde, 2021-11-11 This complete therapist guide presents an evidence based program developed over two decades to support resilience and recovery in people who have experienced trauma Grounded in cognitive behavioral conceptualizations of trauma Inner Resources for Stress IR weaves mindfulness mantra repetition and other meditative practices into nine group sessions In a convenient large size format the book includes assessment guidelines session agendas scripts for meditation practices and a reproducible session by session Participant Guide for clients which purchasers can download and print from the companion website The website also features audio tracks of the guided practices *The Playground*, 1926 *Missionary Candidate Training* Paul Sungro Lee, 2008-11-15 Today the world mission has unprecedentedly become a task of every national churches and believers on earth Missionaries are being sent out from every nations to every nations Strategists have previously noticed that Africa along with East Asia would emerge as the key fulcrum for world missions in the 21st Century 2010 Lausanne Congress held in South Africa proved that to be true Along this path Evangelical Alliance for Preacher Training Commission EAPTC opened their missions training schools in Kenya and South Korea using this book as their training text It was through the efforts of those missionary trainees that their work expanded into over 200 new church plants in 11 countries today This book was put together mainly for Two Thirds World missionary candidates who often find themselves limited with sound missions training opportunities around while the lessons in this manual apply to all who are mission interested Going as a missionary or sending a missionary without proper training is quite reckless The principles of cross cultural mission presented in 11 chapters of this book are field tested nuggets that can certainly equip anyone aspiring for missionary work The training has been scientifically validated effective through research and used in Africa Asia Americas and Oceania This manual is also available in French Spanish Portuguese and Amharic **Singing and Communicating in English** Kathryn LaBouff, 2007-12-21 From the Foreword by Renee Fleming Kathryn LaBouff has developed an approach to singing in the English language which is wonderfully user friendly and which has surely saved much wear and tear on my voice It is a technique that has empowered me with the knowledge and skills to bring a text to life and to be able to negotiate all of the sounds of the language with the least amount of effort I have found her clever and extremely creative use of substitute consonants or combinations of consonants in creating clear diction utterly delightful because they are surprising and because they work These techniques have been equally useful when singing in foreign languages We sopranos are not usually known to have good diction particularly in our high range I found that working with Kathryn improved my ability to be understood by an enormous percentile of the audience with much less vocal fatigue than I would have experienced if left to my own devices I have often told my colleagues enthusiastically of her interesting solutions to the frustrating problems of diction I am thrilled that her techniques are now in print for all to benefit from them In *Singing and Communicating in English*

internationally renowned diction coach Kathryn LaBouff provides singers with an accessible guide to the principles of English diction they need to communicate the text successfully Her thorough and much sought after technique clarifies the physiology of speech emphasizes the studied practice of careful and articulate pronunciation and focuses on the study of English cadence Covering aspects of phonetics from vowels to diphthongs to fricatives the book includes multiple practical exercises in International Phonetic Alphabet IPA transcriptions helpful diagrams and pronunciation drills each chosen from the most essential English art song and operatic repertoire In addition to standard American and British English a variety of regional dialects and accents are covered in depth A companion website features a full range of vowel consonant drills poems read aloud by the author and by theater and voiceover actor John Keating as well as an exercise answer key and publishers lists to help the singer locate a vast array of English language works for performance This book is an invaluable resource for all vocalists both professional and aspiring diction instructors teachers and coaches and choral directors VISIT THE COMPANION SITE AT www.oup.com/us/singinginenglish

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