

# Healthy Mind, Healthy Voice

What are Emotions?

How can our response to them be both an advantage and a challenge for the performer?

My favourite books on this topic:

Feldman Barrett, L. (2017).

*How Emotions are made: The Secret Life of the Brain.* UK: Macmillan.

Blakeslee, S., & Blakeslee, M. (2007).

*The body has a mind of its own:* Random House Inc.

Damasio, A. (2000). *The feeling of what happens.* London: Vintage.

Adolphs, R., & Anderson, D. J. (2018).

*The Neuroscience of Emotion:* Princeton University Press.