

Audio CD Tracks

Disc 1

Introductory Remarks

Track 1: Introduction for Therapists [4:08]

Track 2: First Things First [4:10]

Catching the Stutter

Track 3: Catching the Stutter [0:58]

Relaxing the Stutter

Track 4: Relaxing the Stutter [0:30]

Track 5: How to practice Relaxing the Stutter [2:58]

Slide

Track 6: Slide [0:49]

Track 7: How to practice a Slide [1:58]

Easy Stuttering

Track 8: Easy Stuttering [2:19]

Track 9: How to practice Easy Stuttering [1:14]

Track 10: Smooth Movement Paragraphs read with Easy Stuttering [1:03]

Cancellation

Track 11: Cancellation [1:08]

Track 12: How to practice Cancellation [3:00]

Track 13: Easy Voice Paragraphs read with Cancellation [1:32]

Relaxed Breath

Track 14: Relaxed Breath [0:53]

Track 15: How to take a Relaxed Breath [1:19]

Track 16: How to put your Relaxed Breath together with voice [2:12]

Slow Stretched Speech

Track 17: Slow Stretched Speech [1:56]

Track 18: How to practice Slow Stretched Speech [2:01]

Track 19: Smooth Movement Words read at Slow Stretched Speech [6:40]

Smooth Movement

Track 20: Smooth Movement [1:12]

Track 21: How to make a Smooth Movement [2:07]

Track 22: Smooth Movement Chart [1:31]

Easy Voice

Track 23: Easy Voice [1:11]

Track 24: How to make an Easy Voice [3:35]

Track 25: Easy Voice Chart [1:47]

Track 26: Easy Voice Words read at Slow Stretched Speech [2:39]

Light Contact

Track 27: Light Contact [1:14]

Track 28: How to make a Light Contact [1:22]

Track 29: Light Contact Chart [1:59]

Track 30: Light Contact Words read at Slow Stretched Speech [7:26]

Disc 2**Stretched Speech**

Track 1: Stretched Speech [0:53]

Track 2: Using Stretched Speech [0:29]

Track 3: Smooth Movement Words read at Stretched [4:50]

Track 4: Easy Voice Words read at Stretched Speech [1:54]

Track 5: Light Contact Words read at Stretched Speech [5:33]

Linked Relaxation Rhythm

Track 6: Linked Relaxation Rhythm [1:16]

Track 7: Using Linked Relaxation Rhythm [4:43]

Track 8: Smooth Movement Phrases read at Linked Relaxation Rhythm [1:42]

Track 9: Easy Voice Phrases read at Linked Relaxation Rhythm [1:40]

Track 10: Light Contact Phrases read at Linked Relaxation Rhythm [1:48]

Track 11: Smooth Movement Sentences read at Linked Relaxation Rhythm [2:25]

Track 12: Easy Voice Sentences read at Linked Relaxation Rhythm [2:39]

Track 13: Light Contact Sentences read at Linked Relaxation Rhythm [2:00]

Extra Intonation

Track 14: Extra Intonation [1:17]

Track 15: Using Extra Intonation [3:58]

Track 16: Smooth Movement Phrases read at Extra Intonation [1:58]

Track 17: Easy Voice Phrases read at Extra Intonation [1:46]

Track 18: Light Contact Phrases read at Extra Intonation [1:51]

Track 19: Smooth Movement Sentences read at Extra Intonation [1:52]

Track 20: Easy Voice Sentences read at Extra Intonation [2:00]

Track 21: Light Contact Sentences read at Extra Intonation [1:57]

Nearly Natural Speech

- Track 22: Nearly Natural Speech [1:17]
- Track 23: Using Nearly Natural Speech [0:55]
- Track 24: Smooth Movement Sentences read at Nearly Natural Speech [1:29]
- Track 25: Easy Voice Sentences read at Nearly Natural Speech [1:25]
- Track 26: Light Contact Sentences read at Nearly Natural Speech [1:18]
- Track 27: Smooth Movement Paragraphs read at Nearly Natural Speech [1:27]
- Track 28: Easy Voice Paragraphs read at Nearly Natural Speech [1:36]
- Track 29: Light Contact Paragraphs read at Nearly Natural Speech [1:18]

Natural Speech

- Track 30: Natural Speech [0:49]
- Track 31: Using Natural Speech [0:44]
- Track 32: Smooth Movement Sentences read at Natural Speech [1:17]
- Track 33: Easy Voice Sentences read at Natural Speech [1:13]
- Track 34: Light Contact Sentences read at Natural Speech [1:18]
- Track 35: Smooth Movement Paragraphs read at Natural Speech [1:15]
- Track 36: Easy Voice Paragraphs read at Natural Speech [1:16]
- Track 37: Light Contact Paragraphs read at Natural Speech [1:07]

Concluding Remarks

- Track 38: Final Thoughts [1:59]