



Why Zarmina Sings: 18 Steps to Live and Learn Beyond Anxiety

Ms. Therese Ayla Kravetz

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Plagued by an over-anxious brain, the author embarks on a journey towards creativity and wholeness, after hearing her student Zarmina find her vocal freedom and move students to tears in song. As Therese searches for ways to free herself and her students from fragmented learning, restricted voices, and the fight or flight response, she accesses tools to accelerate learning, access creativity, and transcend anxiety in the classroom and in her life. These tools include engaging the heart and gut, slowing down, improvisational comedy, breath work, movement, and more. She shares their journeys, as well as her own--both the stories and the science--in this uplifting and transformative book.

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