



## Circular Breathing

By Visiting Professor of Writing and Music Ann McCutchan

Sunstone Press, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this collection of personal essays, clarinetist Ann McCutchan uses the metaphor of circular breathing to animate her understanding of her own life as a woman, musician, and writer. Circular breathing is a technique for wind instrument playing in which fresh air is drawn in through the nose at the same time that stored air in the lungs is released by mouth through the instrument. The process allows the player to produce a continuous line of music without breaking the curve of a melody to inhale. The questions McCutchan grapples with have universal implications. For example, how does one come to be called to a life's work? For McCutchan, who grew up in central Florida in the 1960s, the call grew out of twin desires: to exercise a physical voice and to develop an interior one. Bringing both to fruition meant abandoning roles expected of young women in that time and place, and learning to live ever after with the conflicting claims of art and life. Questions of familial loss lie at the heart of this...



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