

“Sharkie’s Pep Talk”

Healthy Life.Net Positive Talk Radio “Sharkie’s Pep Talk” w/ Sharkie Zartman

January 11, 2016 Broadcast interview – Excerpt 4:10 minutes

Friday 10:00am PT, Encore: Friday 10:00 pm PT

Your ‘get up and go’ fix! Join Sharkie and her guests to get fired up with inspiration on fitness, yoga, empowerment, and anti-aging. Sharkie, a former All American & National Team volleyball player is an active college professor and author in health, yoga & fitness.
<http://www.healthylife.net/RadioShow/archiveSP.htm>

“Healthy Life. Net where Positive overcomes Negative”

Sharkie Zartman:

We are back with more Pep Talk. I’m here with Barbara J. Simon, and she is a singing coach, who wrote the book *Singing - Body and Soul*. Tell us more about your book.

Barbara J. Simon: So it’s written in simple language, and it’s written to be sort of funny and bright and a little sarcastic, so that it’s attractive to teenagers and young people. But there’s a lot of science in the book that talks about how the brain works while you are singing. And it also talks about how to interpret the songs, how to look at a song, and figure out what’s going on in the different layers of meaning of the lyrics. I address a lot of different aspects of it.

But my main goal is to put the power in the hands of the student, so that even if they didn’t have a voice teacher of their own, even if they weren’t in school chorus or choir. That this was something that they could read on their own and learn from.

I actually had an intern this fall in my office, and I gave her a copy of the book, and she was reading one chapter at a time and we were discussing it. After the first chapter, she lost the book, and then she found that it was in her brother’s room. And he’d been reading it.

She’s 16 and he was 14. So, you know, she took the book back and she yelled at him and said, “This is mine! I need this for an assignment.” And we worked on the next chapter, and the book disappeared again.

And so then her brother went off on a soccer trip, and he was out of the house for a week, and the book was nowhere to be found. And he came back, and he said, “I don’t know, I don’t know where it is. I lost it.” So I gave her another copy.

A couple weeks after that she was cleaning out his soccer bag, and she discovered that when the bag was empty, there was still something shifting weight in the bottom. There was a secret compartment with a zipper where you store cleats. He has hidden the book under the cleats, and taken it with him on the soccer trip. So he stole it, he hid it, and then he lied about it.

SZ: Wow!

BJS: And after that, he joined his school chorus.

SZ: Wow! One of the things that you mentioned was that singing your favorite songs can bring out your inner author. Now I'm a writer, so how does that work?

BJS: Yes, well you're using different parts of your brain when you are singing, and the way you interact with the lyrics, it's a different way of interacting with storytelling, and with the English language than we do when there is not music involved.

So I've found that it really can activate your writer's voice. So if you are trying to write something, and you don't know how to approach it – I would look for a song on the same subject. You can go onto YouTube and listen to it. You can download the music on MusicNotes and learn the lyrics, and learn the melody. And try thinking about what you want to write as you are singing the song. See if you can have a more visceral experience with your whole body - of the theme.

SZ: That's really interesting. Have you ever tried doing that?

BJS: I do that all the time. It took a long time for me to even know I was doing it so I could even put it into words to offer that to other people. But yeah, I do that all the time.

SZ: I'm going to have to try that. You know what writer's block is, right?. Sometimes I sit there and go, "I can't do this anymore."

BJS: Well, singing is always good thing to do when everything else stops.

SZ: We are just about out of time, Barbara. Please give us your website again, and where we can get your book.

BJS: www.bjsimon.com That's my website. You can hear my students sing. You can see them. You can see their credits. You can see the ones I helped get into college with letters of recommendations, and audition material. And you can get my book on Amazon.com.

SZ: Thanks so much for joining us today, Barbara. That was really fun.

BJS: Thank you so much Sharkie.

SZ: We'll be back with more Pep Talk right after this.