



Healthy ringing: For handbells and handchimes

Susan Berry

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There's only one way to ring a handbell or handchime: *The Healthy Way!* This remarkable book carefully describes and illustrates handbell and handchime fundamentals that will:

- Protect each part of your body with warm-ups and stretches.
- Teach safe grips, rings, dampers and weaves.
- Teach safe ways to approach and ring bass bells.
- Give you valuable survival tips for rehearsals and massed rings.
- Provide safe ways to perform multiple bells and special techniques.
- Promote proper care of eyes, ears and voice.
- Present the basics of breathing, nutrition, and stress management.



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