To perform well in today's highly competitive world where technical skills have been advanced to an unprecedented degree. About the Author. Shirlee Emmons is a prominent New York City voice teacher and has taught at Columbia, Princeton, Boston, and Rutgers Universities. She is author of Tristanissimo (1990) and The Art of the Song Recital. Alma Thomas is an accredited sports psychologist who works with British sports stars in all fields, as well as dancers, singers, actors, lawyers, politicians, and international tennis and golf players. Read more. Product details. Whether you are an opera singer, a rock & roller, an actor, an instrumentalist, a public speaker, etc., you can benefit from practicing "power performance". It doesn't come easily. Buy a cheap copy of Performing Power: A New Approach for the book by H. Wesley Balk. Free shipping over $10. Home > All Categories > Arts, Music & Photography Books > Performing Arts Books > Performing Power: A New Approach for the Singer-Actor. ISBN: 0816613664. ISBN13: 9780816613663. Performing Power: A New Approach for the Singer-Actor. by H. Wesley Balk. No Customer Reviews. Singers and Actors Alike. As an actor, a vocal warm-up is an important part of your pre-show or rehearsal ritual. Your body may be instrumental to your ability to perform, but your voice is just as important. A warm-up not only prepares you for the immediate tasks ahead â€” like playing the rapid-fire, back and forth notes of David Mamet, or singing the incredible words of August Wilson â€” but it also maintains the health and elasticity of your instrument. However, a practicing artist must have a flexible and thorough routine with a light touch, otherwise you risk overworking your instrument and