

# Appendix C: Audio CD Tracks

## Disc 1

### Introductory Remarks

Track 1: Introduction for Therapists [4:08]

Track 2: First Things First [4:10]

### Catching the Stutter

Track 3: Catching the Stutter [0:58]

### Relaxing the Stutter

Track 4: Relaxing the Stutter [0:30]

Track 5: How to practice Relaxing the Stutter [2:58]

### Slide

Track 6: Slide [0:49]

Track 7: How to practice a Slide [1:58]

### Easy Stuttering

Track 8: Easy Stuttering [2:19]

Track 9: How to practice Easy Stuttering [1:14]

Track 10: Smooth Movement Paragraphs read with Easy Stuttering [1:03]

### Cancellation

Track 11: Cancellation [1:08]

Track 12: How to practice Cancellation [3:00]

Track 13: Easy Voice Paragraphs read with Cancellation [1:32]

### Relaxed Breath

Track 14: Relaxed Breath [0:53]

Track 15: How to take a Relaxed Breath [1:19]

Track 16: How to put your Relaxed Breath together with voice [2:12]

### Slow Stretched Speech

Track 17: Slow Stretched Speech [1:56]

Track 18: How to practice Slow Stretched Speech [2:01]

Track 19: Smooth Movement Words read at Slow Stretched Speech [6:40]

### Smooth Movement

Track 20: Smooth Movement [1:12]

Track 21: How to make a Smooth Movement [2:07]

Track 22: Smooth Movement Chart [1:31]

**Easy Voice**

- Track 23: Easy Voice [1:11]
- Track 24: How to make an Easy Voice [3:35]
- Track 25: Easy Voice Chart [1:47]
- Track 26: Easy Voice Words read at Slow Stretched Speech [2:39]

**Light Contact**

- Track 27: Light Contact [1:14]
- Track 28: How to make a Light Contact [1:22]
- Track 29: Light Contact Chart [1:59]
- Track 30: Light Contact Words read at Slow Stretched Speech [7:26]

**Disc 2**

**Stretched Speech**

- Track 1: Stretched Speech [0:53]
- Track 2: Using Stretched Speech [0:29]
- Track 3: Smooth Movement Words read at Stretched [4:50]
- Track 4: Easy Voice Words read at Stretched Speech [1:54]
- Track 5: Light Contact Words read at Stretched Speech [5:33]

**Linked Relaxation Rhythm**

- Track 6: Linked Relaxation Rhythm [1:16]
- Track 7: Using Linked Relaxation Rhythm (LLR) [4:43]
- Track 8: Smooth Movement Phrases read at LRR [1:42]
- Track 9: Easy Voice Phrases read at LRR [1:40]
- Track 10: Light Contact Phrases read at LRR [1:48]
- Track 11: Smooth Movement Sentences read at LRR [2:25]
- Track 12: Easy Voice Sentences read at LRR [2:39]
- Track 13: Light Contact Sentences read at LRR [2:00]

**Extra Intonation**

- Track 14: Extra Intonation [1:17]
- Track 15: Using Extra Intonation [3:58]
- Track 16: Smooth Movement Phrases read at Extra Intonation [1:58]
- Track 17: Easy Voice Phrases read at Extra Intonation [1:46]
- Track 18: Light Contact Phrases read at Extra Intonation [1:51]
- Track 19: Smooth Movement Sentences read at Extra Intonation [1:52]
- Track 20: Easy Voice Sentences read at Extra Intonation [2:00]
- Track 21: Light Contact Sentences read at Extra Intonation [1:57]

**Nearly Natural Speech**

- Track 22: Nearly Natural Speech [1:17]
- Track 23: Using Nearly Natural Speech (NNS) [0:55]
- Track 24: Smooth Movement Sentences read at NNS [1:29]
- Track 25: Easy Voice Sentences read at NNS [1:25]
- Track 26: Light Contact Sentences read at NNS [1:18]
- Track 27: Smooth Movement Paragraphs read at NNS [1:27]
- Track 28: Easy Voice Paragraphs read at NNS [1:36]
- Track 29: Light Contact Paragraphs read at NNS [1:18]

**Natural Speech**

- Track 30: Natural Speech [0:49]
- Track 31: Using Natural Speech [0:44]
- Track 32: Smooth Movement Sentences read at Natural Speech [1:17]
- Track 33: Easy Voice Sentences read at Natural Speech [1:13]
- Track 34: Light Contact Sentences read at Natural Speech [1:18]
- Track 35: Smooth Movement Paragraphs read at Natural Speech [1:15]
- Track 36: Easy Voice Paragraphs read at Natural Speech [1:16]
- Track 37: Light Contact Paragraphs read at Natural Speech [1:07]

**Concluding Remarks**

- Track 38: Final Thoughts [1:59]