

the real vocal book pdf free

the real vocal book pdf free is a highly sought-after resource among vocalists, musicians, and music educators. This comprehensive collection of jazz standards, ballads, and popular songs provides sheet music with lyrics and chord symbols, making it an essential tool for vocal practice and performance. Many artists and students look for accessible formats such as a PDF to conveniently carry and use the material on various devices. This article explores the features of The Real Vocal Book, its importance in vocal training, and the considerations regarding obtaining a free PDF version. Additionally, it will discuss alternative resources, legal aspects, and tips for effectively using The Real Vocal Book in your musical journey. Below is an overview of the main topics covered in this detailed guide.

- Understanding The Real Vocal Book
- Features and Content of The Real Vocal Book
- Accessing The Real Vocal Book PDF Free: Legality and Risks
- Alternative Resources for Vocalists
- Tips for Using The Real Vocal Book Effectively

Understanding The Real Vocal Book

The Real Vocal Book is part of the Real Book series known for delivering high-quality, reliable lead sheets for jazz and popular music. Unlike other versions, The Real Vocal Book specifically caters to singers, providing melodies with lyrics and chord changes that are essential for vocalists seeking to expand their repertoire. It is widely used in music education, rehearsals, and live performances due to its comprehensive song selection and clear notation.

History and Development

The Real Vocal Book was developed as an extension of the original Real Book concept, which originated among jazz musicians in the 1970s. The idea was to compile a definitive collection of jazz standards in a portable format. The vocal edition adapts this approach by focusing on songs that are popular and practical for singers, incorporating accurate lyrics and vocal-friendly arrangements. Over time, it has become a trusted resource for both amateurs and professionals.

Purpose and Audience

This book is designed for vocalists who require a reliable reference for jazz standards and contemporary songs. It supports learning and performing by offering melodies and chord symbols that facilitate improvisation and accompaniment. Music educators also use it as a teaching tool to

introduce students to various musical styles and improve their sight-reading capabilities.

Features and Content of The Real Vocal Book

The Real Vocal Book boasts a rich collection of songs spanning multiple genres, primarily focusing on jazz, blues, and popular music. Its structure and presentation make it an indispensable asset for vocalists looking to master different styles and expand their musical knowledge.

Song Selection and Variety

The book contains hundreds of songs, including timeless standards and modern classics. The selection includes ballads, up-tempo numbers, blues, and bossa novas, covering a wide range of moods and tempos. This diversity allows vocalists to adapt their repertoire for various performance settings.

Notation and Layout

Each song in The Real Vocal Book is presented with:

- Melody line in standard notation
- Complete lyrics for easy singing reference
- Chord symbols placed above the staff for accompaniment
- Clear formatting that supports quick reading and interpretation

This design ensures that singers can follow the music accurately and collaborate effectively with accompanists or bands.

Accessing The Real Vocal Book PDF Free: Legality and Risks

Many musicians seek free PDF versions of The Real Vocal Book to avoid costs and gain immediate access. However, it is crucial to understand the legal and ethical considerations involved in downloading copyrighted material without authorization.

Copyright and Intellectual Property

The Real Vocal Book is protected by copyright laws that restrict unauthorized reproduction and distribution. Official publishers invest significant resources in compiling and producing these books, and unauthorized sharing undermines their business and the rights of songwriters. Downloading or

distributing the PDF free version without permission is considered copyright infringement and may lead to legal consequences.

Risks of Downloading Unauthorized PDFs

Aside from legal issues, obtaining free copies from unofficial sources poses several risks:

- Potential exposure to malware or viruses embedded in files
- Low-quality scans that affect readability and usability
- Absence of updates or supplementary materials available in legitimate editions
- Ethical concerns regarding fair compensation for creators and publishers

It is advisable to use authorized channels to ensure quality and support the music industry.

Alternative Resources for Vocalists

For those seeking to supplement or replace The Real Vocal Book, various legal and free resources are available that provide valuable materials for vocal practice and performance.

Public Domain and Creative Commons Songs

Many classic songs fall into the public domain or are shared under Creative Commons licenses, allowing free use and distribution. Websites and libraries offer sheet music for these works without copyright restrictions, which can be excellent learning tools.

Online Sheet Music Platforms

Several reputable websites provide free or affordable sheet music in PDF format, including vocal lead sheets. These platforms often include user ratings and previews to help select suitable material. Examples include digital libraries, educational portals, and publisher websites offering sample pages.

Music Education Apps and Software

Modern technology offers apps designed to provide extensive song libraries with interactive features tailored for vocalists. Many apps offer free trials or basic versions with access to numerous songs, helping singers practice and learn on the go without violating copyrights.

Tips for Using The Real Vocal Book Effectively

Maximizing the benefits of The Real Vocal Book requires strategic approaches to practice, performance, and study. The following tips can help vocalists integrate this resource into their routine efficiently.

Practice with Accompaniment

Using chord symbols, singers can practice with piano or guitar accompaniment to develop timing, harmony, and improvisation skills. Collaborating with musicians or using backing tracks enhances the learning experience.

Expand Repertoire Gradually

Start with familiar songs before moving to more challenging pieces. This progression builds confidence and familiarity with different styles and arrangements. Regularly reviewing and refreshing the repertoire keeps skills sharp.

Utilize the Book for Sight-Reading

Consistent sight-reading practice with The Real Vocal Book improves reading fluency and musical interpretation. This skill is essential for studio sessions, auditions, and live performances where quick adaptability is required.

Combine with Vocal Technique Exercises

Integrating technical exercises such as scales, breath control, and articulation drills alongside song practice promotes vocal health and performance quality. The Real Vocal Book serves as an excellent medium to apply these techniques in real musical contexts.

Frequently Asked Questions

Is it legal to download The Real Vocal Book PDF for free?

Downloading The Real Vocal Book PDF for free from unauthorized sources is illegal and violates copyright laws. It is recommended to purchase the book from official retailers or authorized distributors.

Where can I find The Real Vocal Book PDF for free legally?

The Real Vocal Book PDF is typically not available for free legally as it is a copyrighted publication. However, some libraries or educational institutions may provide access to digital copies for their members.

Are there any free alternatives to The Real Vocal Book PDF?

Yes, there are free alternatives such as public domain songbooks or jazz standards collections available online, but they may not have the same content or quality as The Real Vocal Book.

What type of content does The Real Vocal Book include?

The Real Vocal Book contains lead sheets for jazz and popular songs, including melody lines, lyrics, and chord symbols, designed for vocalists to use during performances or practice.

Can I use The Real Vocal Book PDF for my music teaching classes?

You can use The Real Vocal Book for teaching if you have legally purchased a copy or have proper licensing. Using unauthorized copies may infringe on copyright laws.

Is The Real Vocal Book available in digital formats other than PDF?

Yes, The Real Vocal Book is available in various formats including print, PDF, and sometimes as part of digital sheet music platforms that offer interactive features.

How can I purchase The Real Vocal Book legally?

You can purchase The Real Vocal Book legally through music retailers such as Hal Leonard, Amazon, or authorized sheet music stores, either as a physical book or digital download.

Does The Real Vocal Book PDF include audio tracks for practice?

The Real Vocal Book PDF itself typically does not include audio tracks, but some editions or associated websites might offer accompanying backing tracks or play-alongs for practice.

Are there updated editions of The Real Vocal Book available?

Yes, The Real Vocal Book has multiple editions that are updated periodically to include new songs and improved arrangements. Always check for the latest edition when purchasing.

Is it safe to download The Real Vocal Book PDF from torrent sites?

Downloading The Real Vocal Book PDF from torrent sites is unsafe, illegal, and may expose your device to malware or viruses. Always obtain sheet music from reputable and legal sources.

Additional Resources

1. *The Real Book Volume I - Sixth Edition*

This iconic jazz fake book contains lead sheets for over 400 tunes from the jazz repertoire. It is widely used by jazz musicians for performance and study due to its comprehensive collection of standards. The sixth edition includes updated arrangements and corrections, making it a valuable resource for both students and professionals.

2. *The Real Vocal Book - Volume 1*

Designed specifically for vocalists, this book offers a rich collection of jazz standards with complete lyrics and chord symbols. It's a perfect companion for singers who want to perform with small combos or big bands. The arrangements focus on real-world usability, making it easier to learn and perform.

3. *The New Real Book - Volume 2*

This volume expands upon the original Real Book series with contemporary jazz tunes and modern standards. It provides accurate lead sheets and is favored for its clean, professional layout. Vocalists and instrumentalists alike find it useful for practice and gigs.

4. *The Jazz Vocalist's Real Book*

Tailored for vocalists, this book compiles classic and modern jazz standards with detailed lyrics, melodic lines, and chord changes. It emphasizes interpretive and stylistic suggestions to help singers bring songs to life. The book is ideal for vocal students and performers aiming to deepen their jazz repertoire.

5. *The Real Book - Volume III*

Volume III introduces a fresh batch of jazz tunes, including bebop, fusion, and Latin jazz pieces. It maintains the Real Book tradition of providing reliable lead sheets for improvisation and performance. Vocalists can use it alongside melody lines to enhance their phrasing and musicality.

6. *The Vocal Jazz Fake Book*

This collection focuses on vocal jazz standards with complete lyrics, suitable for solo singers and ensembles. It includes popular tunes from the Great American Songbook and contemporary jazz composers. The book is highly regarded for its user-friendly format and comprehensive song selection.

7. *The Real Book - Volume IV*

The fourth volume continues the series with a diverse range of jazz compositions, including lesser-known gems and modern classics. It is an excellent resource for vocalists seeking to expand their repertoire with fresh material. The notation is clear, making it easy to follow chord changes and melodies.

8. *The Singer's Jazz Fake Book*

This book is specifically curated for singers, featuring over 200 jazz standards with lyrics and chord symbols. It includes helpful tips on phrasing and vocal techniques, making it a practical tool for both beginners and seasoned vocalists. The selections cover a broad stylistic range from ballads to up-tempo swing.

9. *The Real Vocal Book - Volume 2*

A continuation of the first volume, this collection adds more jazz standards, ballads, and contemporary songs for vocalists. It offers clear lead sheets with lyrics and chord changes, designed to facilitate quick learning and confident performance. Perfect for singers looking to broaden their jazz

and popular music library.

[The Real Vocal Book Pdf Free](#)

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The Real Vocal Book: Unlock Your Voice's Full Potential (PDF Free Download)

Want to sing like a pro, speak with confidence, or simply improve your vocal health? Are you frustrated with a weak voice, vocal strain, or a lack of control? Do you dream of powerful presentations, captivating performances, or effortless communication? If so, you're in the right place. This free PDF guide provides the key to unlocking your voice's hidden power.

Inside "The Real Vocal Book," you'll discover:

Comprehensive Vocal Techniques: Learn practical exercises and techniques to improve vocal strength, range, and tone.

Vocal Health & Care: Protect your voice from damage with expert advice on hydration, breathing, and vocal hygiene.

Performance & Presentation Skills: Master techniques for projecting your voice, engaging your audience, and delivering compelling performances.

Overcoming Vocal Challenges: Learn how to address common vocal problems, such as vocal fatigue, hoarseness, and vocal fry.

Breathing Exercises: Learn to master diaphragmatic breathing for optimal vocal performance.

Vocal Warm-ups and Cool-downs: Prevent vocal strain with effective warm-up and cool-down routines.

Author: Vocal Coach Anya Petrova

Contents:

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Chapter 4: Mastering Breath Control: Diaphragmatic Breathing and Breath Support Techniques.

Chapter 5: Projection and Articulation: Techniques for Clear and Powerful Delivery.
Chapter 6: Performance and Presentation Skills: Engaging your audience and overcoming stage fright.
Chapter 7: Common Vocal Problems and Their Solutions: Addressing issues like vocal fry, hoarseness, and nodules.
Conclusion: Maintaining Vocal Health and Continued Improvement.

The Real Vocal Book: A Comprehensive Guide to Vocal Health and Performance

Introduction: Understanding Your Voice and Setting Goals

Your voice is a powerful tool—a means of communication, expression, and connection. Whether you're a singer, public speaker, teacher, or simply someone who wants to communicate more effectively, understanding and optimizing your vocal capabilities is crucial. This book will serve as your guide to unlocking your voice's full potential, addressing common challenges and providing practical techniques to improve vocal health and performance. Before we delve into specific exercises and techniques, let's establish clear goals. What do you hope to achieve with improved vocal skills? Increased vocal range? Enhanced projection? Improved clarity? Defining your goals will help you focus your efforts and track your progress.

Chapter 1: The Science of Voice Production: Anatomy, Physiology, and Breath Support

Understanding the mechanics of voice production is fundamental to optimizing your vocal health and performance. Your voice is created by the complex interplay of several anatomical structures:

Lungs: The power source of your voice. Proper breathing techniques, focusing on diaphragmatic breathing, are essential for supporting vocalization. Shallow breathing restricts airflow and can lead to vocal strain.

Diaphragm: A dome-shaped muscle separating the chest cavity from the abdomen. Its controlled contraction and relaxation are vital for efficient breathing and vocal support.

Larynx (Voice Box): Houses the vocal folds (vocal cords), which vibrate to produce sound.

Vocal Folds (Vocal Cords): Two folds of mucous membrane that vibrate when air passes over them, creating sound. The tension and thickness of these folds determine pitch and tone.

Pharynx, Oral Cavity, and Nasal Cavity: These resonating chambers shape the sound produced by the vocal folds, contributing to the unique timbre of your voice.

Breath Support: Efficient breath support is the foundation of good vocal technique. Diaphragmatic

breathing, utilizing the diaphragm for deep, controlled inhalation and exhalation, is crucial for sustaining vocalizations and preventing strain. Exercises focusing on controlled breathing will be covered in later chapters.

Chapter 2: Vocal Warm-ups and Exercises: Techniques to Improve Range, Tone, and Strength

Just like athletes warm up before a game, your voice needs preparation before strenuous use. Consistent warm-ups help prevent injury and improve vocal performance. Here are some key vocal warm-up exercises:

Humming: Gently humming on different pitches helps relax the vocal folds and improve flexibility.

Lip Trills: Trilling your lips while blowing air creates a buzzing sound, promoting relaxation and coordination.

Tongue Trills: Similar to lip trills, but using your tongue to create a trilling sound.

Scales and Arpeggios: Singing scales and arpeggios in a comfortable range helps expand your vocal range and improve intonation.

Sirens: Slowly gliding between different pitches helps improve vocal flexibility and control.

Chapter 3: Vocal Health and Hygiene: Preventing and Treating Common Vocal Problems

Maintaining vocal health is crucial for optimal performance. Here are key aspects of vocal hygiene:

Hydration: Drinking plenty of water keeps your vocal folds lubricated and prevents dryness, a common cause of vocal fatigue.

Rest: Avoid excessive vocal strain by allowing your voice adequate rest.

Avoid Irritants: Smoking, excessive alcohol consumption, and environmental pollutants can negatively impact vocal health.

Proper Posture: Maintaining good posture allows for efficient breathing and vocal projection.

Vocal Rest: When experiencing vocal strain, give your voice a complete rest to allow for healing.

Addressing common problems like hoarseness, vocal fatigue, and nodules requires prompt attention. Consult a medical professional for proper diagnosis and treatment.

Chapter 4: Mastering Breath Control: Diaphragmatic

Breathing and Breath Support Techniques

Diaphragmatic breathing, also known as belly breathing, is the cornerstone of effective vocal technique. It involves using the diaphragm muscle to control airflow, providing a consistent and powerful support for your voice. Practicing diaphragmatic breathing exercises will enhance your ability to sustain notes, increase vocal projection, and minimize strain.

Exercises:

Diaphragmatic Breathing Exercise: Lie on your back with knees bent. Place one hand on your chest and the other on your abdomen. Inhale deeply, feeling your abdomen rise while your chest remains relatively still. Exhale slowly, feeling your abdomen fall.

Sustained Breath: Inhale deeply using diaphragmatic breathing and sustain a vowel sound (like "ah") for as long as possible without straining.

Chapter 5: Projection and Articulation: Techniques for Clear and Powerful Delivery

Effective vocal projection involves more than just shouting. It's about using your breath support and resonating chambers efficiently to send your voice forward. Articulation, the clear and precise production of speech sounds, is crucial for understandable communication. Exercises for both include:

Projection Exercises: Practice speaking or singing phrases while focusing on directing your voice towards a specific point in the room.

Articulation Exercises: Practice tongue twisters and other exercises to improve the precision of your speech sounds.

Chapter 6: Performance and Presentation Skills: Engaging Your Audience and Overcoming Stage Fright

Performing or presenting involves more than just vocal technique. It involves engaging your audience, managing your nerves, and conveying your message effectively. Techniques to improve performance skills include:

Practicing: Rehearse your performance or presentation until you feel comfortable and confident.

Visualizing Success: Imagine yourself delivering a successful performance to help manage nervousness.

Mindfulness Techniques: Employ deep breathing or other relaxation techniques to calm nerves

before a performance.

Connecting with your audience: Make eye contact and speak directly to the audience.

Chapter 7: Common Vocal Problems and Their Solutions: Addressing Issues Like Vocal Fry, Hoarseness, and Nodules

Several factors can negatively impact vocal health. Understanding the causes and solutions is crucial.

Vocal Fry: A low, creaky voice often caused by inappropriate vocal fold tension. Solution: Improve vocal technique and address any underlying issues.

Hoarseness: Often caused by inflammation or irritation of the vocal folds. Solution: Rest your voice, stay hydrated, and avoid irritants.

Vocal Nodules: Benign growths on the vocal folds caused by vocal abuse or misuse. Solution: Vocal therapy and changes in vocal habits are typically required.

Always consult a medical professional for diagnosis and treatment of any vocal problems.

Conclusion: Maintaining Vocal Health and Continued Improvement

Maintaining vocal health and continually improving your vocal skills is an ongoing process.

Consistent practice, vocal hygiene, and awareness of your vocal technique are key to long-term vocal wellness and success. Regular vocal warm-ups, proper breathing techniques, and mindful vocal use will help you maintain and enhance your vocal abilities.

FAQs:

1. Is this book suitable for beginners? Yes, this book is designed to be accessible to people of all skill levels.
2. How long will it take to see results? Results vary depending on individual practice and commitment. Consistent effort will yield noticeable improvement.
3. Do I need any special equipment? No, all exercises can be performed without any equipment.
4. Can this book help me improve my singing voice? Yes, the techniques and exercises in this book are beneficial for both singers and speakers.
5. Can this book help me overcome stage fright? Yes, the book includes sections on performance and

presentation skills, offering strategies to manage nerves and engage your audience.

6. What if I have a pre-existing vocal condition? Consult a medical professional before starting any vocal exercises if you have a pre-existing condition.

7. Is this book only for adults? While tailored for adults, many exercises can be adapted for older children with adult supervision.

8. How often should I practice? Aim for consistent practice, even short sessions are beneficial. 30 minutes a day is ideal.

9. Where can I download the free PDF? The PDF will be available [\[link to download\]](#).

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3. Overcoming Vocal Strain and Fatigue: Practical tips and strategies for managing and preventing vocal strain.

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8. Common Vocal Problems and Their Natural Remedies: Exploring natural remedies for common vocal ailments.

9. Building Confidence and Overcoming Stage Fright: Techniques and strategies to conquer stage fright and build performance confidence.

the real vocal book pdf free: Jesus, the Gospels, and Cinematic Imagination Richard Walsh, Jeffrey L. Staley, 2021-08-12 Jesus films arose with cinema itself. Richard Walsh and Jeffrey L. Staley introduce students to these films with a general overview of the Jesus film tradition and with specific analyses of 22 of its most influential exemplars, stretching from *La vie du Christ* (1906) to *Mary Magdalene* (2018). The introduction to each film includes discussion of plot, characters, visuals, appeal to authority, and cultural location as well as consideration of the director's (and/or other filmmakers') achievements and style. Several film chapters end with reflections on problematic issues bedeviling the tradition, such as cultural imperialism and patriarchy. To assist teachers and researchers, each chapter includes a listing of DVD chapters and the approximate "time" (for both DVDs and streaming platforms) at which key film moments occur. The book also includes a *Gospels Harmony* cataloging the time at which key gospel incidents appear in these films. Extensive endnotes point readers to other important work on the tradition and specific films. While the authors strive to set the Jesus film tradition within cinema and its interpretation, the DVD/streaming listing and the *Gospels Harmony* facilitate the comparison of these films to gospel interpretation and the Jesus tradition.

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the real vocal book pdf free: Virtual Reality National Research Council, Computer Science and Telecommunications Board, Committee on Virtual Reality Research and Development, 1995-01-13 Despite widespread interest in virtual reality, research and development efforts in synthetic environments (SE)â€the field encompassing virtual environments, teleoperation, and hybridsâ€have remained fragmented. Virtual Reality is the first integrated treatment of the topic, presenting current knowledge along with thought-provoking vignettes about a future where SE is commonplace. This volume discusses all aspects of creating a system that will allow human operators to see, hear, smell, taste, move about, give commands, respond to conditions, and manipulate objects effectively in a real or virtual environment. The committee of computer scientists, engineers, and psychologists on the leading edge of SE development explores the potential applications of SE in the areas of manufacturing, medicine, education, training, scientific visualization, and teleoperation in hazardous environments. The committee also offers recommendations for development of improved SE technology, needed studies of human behavior and evaluation of SE systems, and government policy and infrastructure.

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lively and entertaining history of ideas (Liaquat Ahamed, *The New Yorker*), New York Times editorial writer Binyamin Appelbaum tells the story of the people who sparked four decades of economic revolution. Before the 1960s, American politicians had never paid much attention to economists. But as the post-World War II boom began to sputter, economists gained influence and power. In *The Economists' Hour*, Binyamin Appelbaum traces the rise of the economists, first in the United States and then around the globe, as their ideas reshaped the modern world, curbing government, unleashing corporations and hastening globalization. Some leading figures are relatively well-known, such as Milton Friedman, the elfin libertarian who had a greater influence on American life than any other economist of his generation, and Arthur Laffer, who sketched a curve on a cocktail napkin that helped to make tax cuts a staple of conservative economic policy. Others stayed out of the limelight, but left a lasting impact on modern life: Walter Oi, a blind economist who dictated to his wife and assistants some of the calculations that persuaded President Nixon to end military conscription; Alfred Kahn, who deregulated air travel and rejoiced in the crowded cabins on commercial flights as the proof of his success; and Thomas Schelling, who put a dollar value on human life. Their fundamental belief? That government should stop trying to manage the economy. Their guiding principle? That markets would deliver steady growth, and ensure that all Americans shared in the benefits. But the *Economists' Hour* failed to deliver on its promise of broad prosperity. And the single-minded embrace of markets has come at the expense of economic equality, the health of liberal democracy, and future generations. Timely, engaging and expertly researched, *The Economists' Hour* is a reckoning -- and a call for people to rewrite the rules of the market. A Wall Street Journal Business Bestseller Winner of the Porchlight Business Book Award in Narrative & Biography

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the real vocal book pdf free: *The Battle for China's Spirit* Sarah Cook, 2017-05-16 *The Battle for China's Spirit* is the first comprehensive analysis of its kind, focusing on seven major religious groups in China that together account for over 350 million believers: Chinese Buddhism, Taoism, Catholicism, Protestantism, Islam, Tibetan Buddhism, and Falun Gong. The study examines the evolution of the Communist Party's policies of religious control, how they are applied differently to diverse faith communities, and how citizens are responding to these policies. The study—which draws on hundreds of official documents and interviews with religious leaders, lay believers, and scholars—finds that Chinese government controls over religion have intensified since November 2012, seeping into new areas of daily life. Yet millions of religious believers defy official restrictions or engage in some form of direct protest, at times scoring significant victories. The report explores how these dynamics affect China's overall social, political, and economic environment, while offering recommendations to both the Chinese government and international actors for how to increase the space for peaceful religious practice in a country where spirituality has been deeply embedded in its culture for millennia.

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the real vocal book pdf free: *Protecting the Presidential Candidates* Mel Ayton, 2021-11-24 *Protecting the Presidential Candidates* is the first book of its kind to examine how presidents and presidential candidates were protected during the presidential election cycles – from JFK to Biden. It is also the first book of its kind to tell the story of the role of state troopers and private bodyguards in protecting presidential candidates. Protection for candidates changed and evolved from the free-wheeling style of the 1950s and early 1960s, which afforded presidential candidates little or no protection, to the growth of bodyguard personnel, increased intelligence facilities and state of the art technology employed today to keep the candidates safe. Presidential candidates relish connecting with the public and it has given greater visibility to the bodyguards who are willing to place themselves between a presidential candidate and a would-be attacker. In the milieu in which the Secret Service operates, bodyguards have witnessed the terrors of election campaigns when presidential candidates have waded into crowds to shake hands with their

supporters, rode in open-top cars, and made sudden but risky changes to their schedules – oblivious to the fact that in every campaign there have been people stalking candidates with ill intent. Many stories revealed in *Protecting the Presidential Candidates* have remained largely hidden from the public; some buried in newspaper archives and others in oral histories, presidential libraries or official government documents. The author draws on numerous sources, including FBI files, presidential biographies, vice presidential biographies, civilian bodyguard memoirs, Secret Service agent memoirs, White House staff memoirs and more so that these stories can now be told. The book also allows readers to gain an insight into the personal as well as professional relationships between the candidate and the bodyguards who protected them. Some candidates were so trusting of their bodyguards they embraced them as part of an 'inner circle' of advisers. Bodyguards have also witnessed embarrassing moments in a candidate's campaign and how intrusive they have been at the most delicate of moments. The president's day is your day, one agent said. Nobody sees the president the way an agent does.

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