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When You Feel Like Pushing, Release

by Rachel Druckenmiller

Two years ago, I sat across the desk from a speech language specialist at the Johns Hopkins Voice Center at GBMC. I scheduled an appointment to see him because I had lost my voice yet again and couldn't figure out why my voice became strained so easily and so frequently. This issue has been ongoing for years - since college - but it happened inconsistently, so I couldn't pinpoint how to fix it. It kept coming back.

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