

Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives



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Reviews

A very awesome publication with perfect and lucid information. It is probably the most awesome book i have read. You may like how the author publish this pdf.

(Dr. Celia Howell DVM)

HEALING AT THE SPEED OF SOUND: HOW WHAT WE HEAR TRANSFORMS OUR BRAINS AND OUR LIVES

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BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 168 x 132 mm. Language: English . Brand New. At this very moment, you are surrounded by sound. Pause for a minute and try to listen to it all: the chatter of a passing conversation, the gentle whoosh of air vents, noise from a nearby street, someone turning the pages of a book, birds chirping in the trees. We rarely pay attention to everything we hear, but every noise in our environment has the ability to change our mood, decrease our productivity, even affect our health. While sound can heal, both emotionally and physically, it can also hurt us. In this engaging audiobook, bestselling author and music expert Don Campbell (*The Mozart Effect* (r)) teams up with Alex Doman, a specialist in the practical application of sound, to show how we can use music and silence throughout our day to not only change how we feel but alter how we physically function. The authors delve into more than a decades worth of research, from studies on aging to groundbreaking brain science, in order to illustrate how noise affects us for better and for worse. Walking listeners through every aspect of their daily lives from the morning commute to getting a restful night s sleep Don and Alex provide practical advice and exercises so you can create perfect soundtracks for every task, combining music you already love with new favorites. In addition, the authors share nearly one hundred active links to music, video, and downloads in the audiobook that help support their advice and show how others use the inspiring force of music to improve their lives. Combining the joy of music with the strength of science, *Healing at the Speed of Sound* will set you on the path to...



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