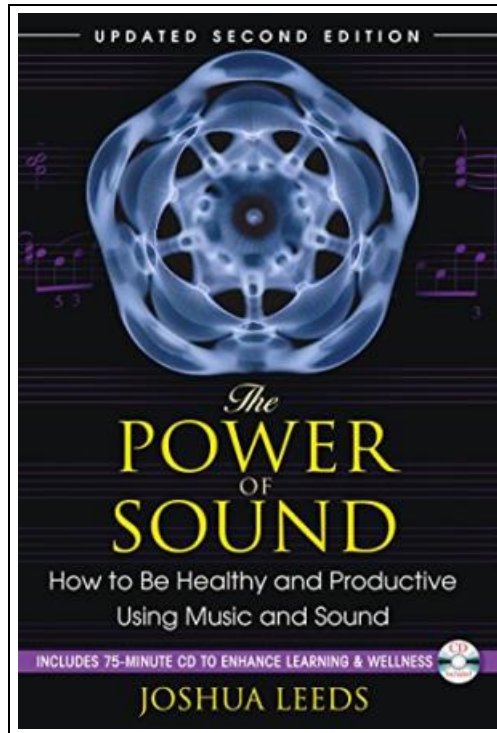# The Power of Sound: How to Be Healthy and Productive Using Music and Sound

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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

THE POWER OF SOUND: HOW TO BE HEALTHY AND PRODUCTIVE USING MUSIC AND SOUND

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Healing Arts Press. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.9in. x 6.0in. x 0.9in.Customize your sound environment for a better quality of life Shows how to use music and sound to reduce stress, enhance learning, and improve performance Provides detailed guidelines for musicians and health care professionals Includes a new 75-minute CD of psychoacoustically designed classical music What we hear, and how we process it, has a far greater impact on our daily living than we realize. From the womb to the moment we die we are surrounded by sound, and what we hear can either energize or deplete our nervous systems. It is no exaggeration to say that what goes into our ears can harm us or heal us. Joshua Leeds--a pioneer in the application of music for health, learning, and productivity--explains how sound can be a powerful ally. He explores chronic sensory overload and how auditory dysfunction often results in difficulties with learning and social interactions. He offers innovative techniques designed to invigorate auditory skills and provide balanced sonic environments. In this revised and updated edition of The Power of Sound, Leeds includes current research, extensive resources, analysis of the maturing field of soundwork and a look at the effect of sound on animals. He also provides a new 75-minute CD of psychoacoustically designed classical music for a direct experience of the effect of simplified sound on the nervous system. With new information on how to use music and sound for enhanced health and productivity, The Power of Sound provides readers with practical solutions for vital and sustained well-being. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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