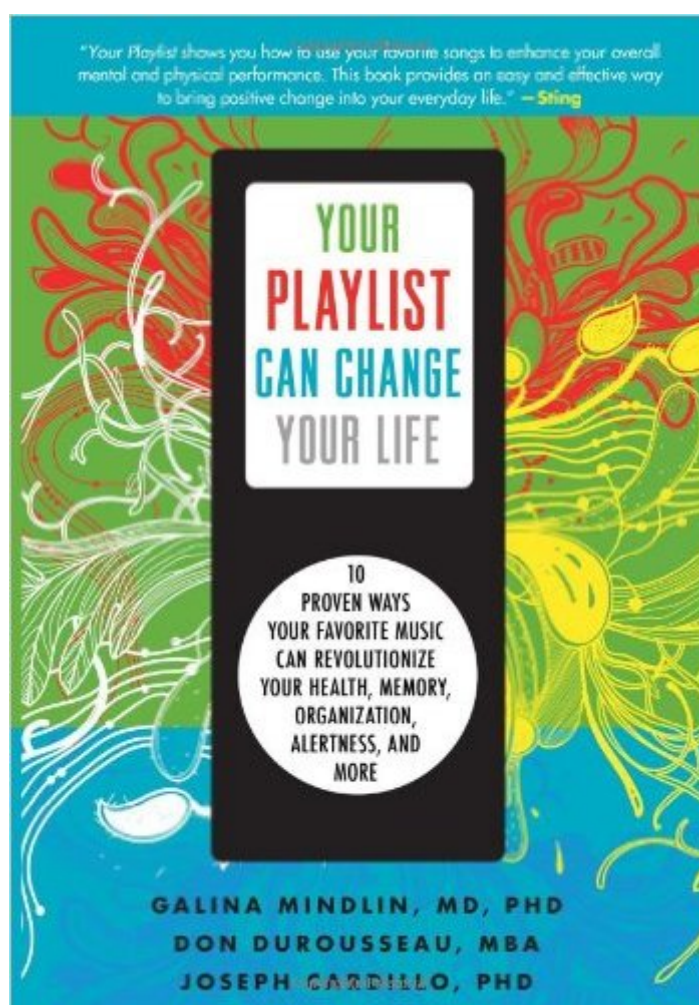


The book was found

Your Playlist Can Change Your Life: 10 Proven Ways Your Favorite Music Can Revolutionize Your Health, Memory, Organization, Alertness And More



Synopsis

Unlock the power of the songs in your pocket Maybe you blast the speakers when you need to get pumped up. If that's all you do, though, you're not taking full advantage of the way music can help you. Listen to a slower track first and the one-two punch of the playlist can push you even higher. Overflowing with easy-to-use tips like these, *Your Playlist Can Change Your Life* is the first book to offer scientifically proven methods for using your favorite music to enhance your life. You'll discover how you can use the tunes you love to:

- Relieve anxiety
- Increase your alertness
- Feel happier
- Organize your brain
- Sharpen your memory
- Improve your mood
- Live creatively
- Enhance your ability to fight off stress, insomnia, depression, and even addiction

Teaching readers how to customize playlists for a feel-good prescription that has no side effects, *Your Playlist Can Change Your Life* offers a natural way to a better you simply by listening. GALINA MINDLIN, MD, PHD, is an assistant professor of psychiatry at Columbia University, found of Brain Music Therapy (BMT) in the United States, and clinical and executive director of the BMT Center, NYC. DON DUROUSSEAU, MBA, is a cognitive neuroscientist. He is the founder and chief executive officer of Human Bionics, LLC, and executive director of Peak Neurotraining Solutions, Inc. JOSEPH CARDILLO, PHD, is the author of *Be Like Water*, among other books, and has taught at various universities.

Book Information

Paperback: 256 pages

Publisher: Sourcebooks (January 1, 2012)

Language: English

ISBN-10: 1402260245

ISBN-13: 978-1402260247

Product Dimensions: 5.6 x 0.7 x 7.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (19 customer reviews)

Best Sellers Rank: #391,510 in Books (See Top 100 in Books) #273 in Books > Arts &

Photography > Music > Theory, Composition & Performance > Appreciation #7782 in Books >

Self-Help > Personal Transformation #98440 in Books > Reference

Customer Reviews

The authors' credentials in the psychology department are strong, and that is the strongest part of this book. I was sold on the title's premise, that my playlist can change my life, but was looking for

additional insights into how, and what kind of music would be good for what kinds of changes. You can read about the book's general categories in the other reviews and get some idea about how this works. I did not learn too much new that did not seem obvious to me before I read the book. What I was looking for, I did not find, and that was more musical selections correlated with behavioral or mood changes. I found the music categories limited. Of all the musical selections, I found only seven classical pieces with mention of a couple of other composers also limited, and most of those were integrated into the text and not part of a suggested list. What about New Wave music? Many people find Enya very soothing. What about spiritual music? Mozart's "Ave Verum Corpus 518". Listen to "There is Faint Music" from the album "Never a Brighter Star" to slow your heartbeat and get a dose of spirituality at the same time, a beautiful piece of less well-known music. None of the pieces on my favorite walking music playlist are found in the book. May I recommend the Bee Gees "Staying Alive," Bob Seeger's "Old Time Rock and Roll," and The Commitments "Mustang Sally?" If you want a lift in your life, try Louis Armstrong's "What a Wonderful World." I know, the authors cannot include everything, but to completely ignore certain genres like jazz seems limiting. I would also have liked a master list of music at the end of the book, organized by the chapters' subjects.

[Download to continue reading...](#)

Your Playlist Can Change Your Life: 10 Proven Ways Your Favorite Music Can Revolutionize Your Health, Memory, Organization, Alertness and More
Chief Of Staff: The Strategic Partner Who Will Revolutionize Your Organization
Playlist for the Dead
Quantum Memory Power: Learn to Improve Your Memory with the World Memory Champion!
The LDN Book: How a Little-Known Generic Drug _ Low Dose Naltrexone _ Could Revolutionize Treatment for Autoimmune Diseases, Cancer, Autism, Depression, and More
Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems
PASSIVE INCOME: TOP 7 WAYS to MAKE \$500-\$10K a MONTH in 70 DAYS (top passive income ideas, best passive income streams explained, smart income online, proven ways to earn extra income)
Change the Culture, Change the Game: The Breakthrough Strategy for Energizing Your Organization and Creating Accountability for Results
The Heart of Change
Field Guide: Tools And Tactics for Leading Change in Your Organization
Six-Figure Musician: How to Sell More Music, Get More People to Your Shows, and Make More Money in the Music Business: Music Marketing [dot] com Presents
Mosby's OB/Peds & Women's Health
Memory NoteCards: Visual, Mnemonic, and Memory Aids for Nurses, 1e
Prime Time: How Baby Boomers Will Revolutionize Retirement And Transform America
Getting Ready for Driverless Cars: Everything you need to know to invest now in the companies developing the technology that will

revolutionize the way we commute Ask It: The Question That Will Revolutionize How You Make
Decisions Organization: The 7 Habits to Organize Your Day, Productivity, and Focus (organization,
success, efficiency, declutter, focus, productive, mind control) Change Is Good...You Go First: 21
Ways to Inspire Change Organization Development: Behavioral Science Interventions for
Organization Improvement,6th Edition Starting a Nonprofit: 10 Proven Steps to Creating your First
Successful Nonprofit Organization (Successful NPO, Starting a Nonprofit, Charity, Nonprofit Startup,
How to Start a Nonprofit) Be the Change! Change the World. Change Yourself. Introduction to U.S.
Health Policy: The Organization, Financing, and Delivery of Health Care in America

[Dmca](#)