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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.

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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.

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