



# Music for Health: How Understanding the Power of Music Can Improve Your Quality of Life

*John Henry Sheridan*

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Have you ever noticed that there is a link between the music that you listen to and your health? This book explores the connection between the music we listen to and our overall well-being.

In this current world of materialism and recklessness, isn't it perhaps even more important that we are selective as to the music and messages we subject ourselves to on a regular basis?

This book covers the following topics:

Harmony: Fundamental to both Music and Health

Why is the "Music for Health" Conversation Relevant?

What Health Benefits Does Music Offer?

Unhealthy Music VS. Healthy Music

How Can I Find the Best Music for Me?

Ten Ways to Improve Your Health with Music Now

Also features a bonus "John Henry's Recommended Listening List".



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