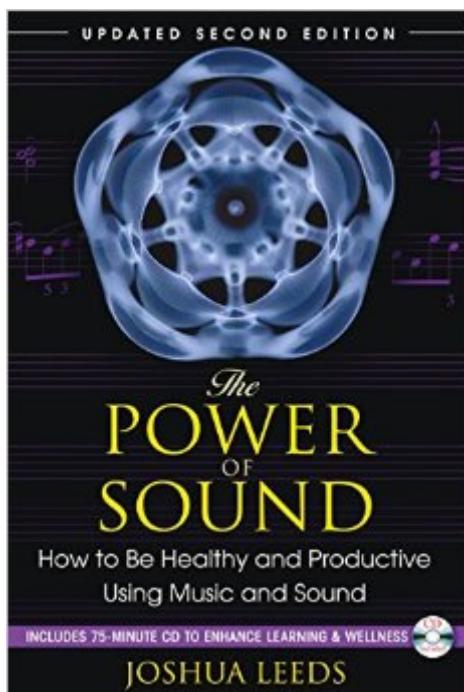


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# The Power Of Sound: How To Be Healthy And Productive Using Music And Sound



## Synopsis

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.

## Book Information

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## Customer Reviews

I was looking for literature to help me expand my understanding and music, in other words to broaden my horizons and open my mind about sound. I found that exactly on The Power of Sound. It is both very well researched and complete, the book has a complementary website, which is very useful because if you want to get deeper into any of the subjects or you want to read about what other people say about a topic, you can go to the website. This help the book to be less dense but still gives you the option to go deeper. Joshua Leeds is a musician and producer, he is not a doctor, and he acknowledges this. Mr. Leeds knows his limitations and he encourages collaboration between healers, doctors, musicians and specialists of other disciplines. I also see this as a plus in the book. I read the ebook, so unfortunately I didn't get to listen to the audio examples. I do miss them a little bit. I wish they had the kindle version with mp3s or something like that (website samples). That will be even better. I don't have anything bad to say about this book. I feel that it is very complete, seriously written and researched, still fun to read and very inspiring. I take this book as a springboard to go deeper into specific areas of sound healing now that I have a better understanding about the current trends.

I concur with the commentary of the other positive reviews and... Why I liked the book: It's very well researched and not solely the findings of the author. Lot's of cross indexing, references with directions on how to find the source of additional in-depth information for those desiring to pursue further., good glossary of the terms used throughout the book. Many current authors such Bruce Lipton, Steve Bhaerman, Richard Gerber, Greg Braden, Ma Emoto, Freddy Silva, and others all discuss frequencies of sound, harmonics, energies, neuroscience, music, healing properties and their interrelationship.

The Book is very informative about the power of sound and its uses for healing but the C.D. alone makes it well worth the price paid that is if you like Classical music. If you are a musician or therapist or healer this will be a good Book to read and incorporate into your practice. Really excellent work and I am happy to recommend this Book/C.D. "The idea that music has a therapeutic function is going through a rapid transformation based on research done in neuroscience " " Based on reliable experimental design, the preliminary results of our research have shown that music seems to have a direct and specific effect on cellular behavior which is made clear by cellular survival activation as well as the reproduction and neurogenesis mechanisms" quote from Neysa Navarro in the preface of this book . This book will take you on a journey of discovery on the way sound affects your well being. Great and Interesting read . thanks to Joshua Leeds for a great book

and wonderful Music C.D. very beautiful music !

I am not a musician. I have hearing loss and tinnitus. A book on sound seemed like the last thing I thought I would be reading. Yet... I found myself curiously drawn to sound therapy. I stumbled onto this book and I am really glad I did. Fascinating and attainable. Leeds covers all aspects of sound, hearing, (including hearing loss), and sound as therapy so even a novice like me can understand it. I thoroughly enjoyed the CD bonus. Enough so, that I also purchased his three other CDs from Hemi-Sync. I like to listen to them with headsets while I work on the computer. Are they changing my brain? I don't know. Some of those classical pieces repeat in my head later... and if a song is going to be stuck in my head, I'd rather it be Pachelbel than Pop pablum. I have recommended this book to friends and family and even purchased a copy as a gift to a musician friend of mine.

This book is well written on the topic of sound and its use in our life, the effects of healing sound and destructive sound. This is an excellent book for people studying music therapy or to be a music practitioner.

This book is fascinating. A must read for anyone who studies music, appreciates sound science, or curious about the affects of sound on the physical and spiritual world around us. Well done.

Great book! A must read for those interested in healing arts or Music Therapy

This book will change the way you think about sound

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