



# Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives

*Don Campbell, Alex Doman*

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**The bestselling author of *The Mozart Effect* taps cutting-edge science to show how we can use sound to improve our lives and achieve our goals.**

Based on over a decade of new research, Don Campbell, bestselling author of *The Mozart Effect*, and Alex Doman, an expert in the practical application of sound and listening, show how we can use music-and silence-to become more efficient, productive, relaxed, and healthy.

Each chapter focuses on a single aspect of everyday life, providing advice, exercises, wide-ranging playlists, and links so readers can use the music they love to create the perfect soundtrack for any goal or task. Also included are "Sound Profiles"-brief stories showing how real people creatively tap the power of sound to improve their own and others' lives.

Inspiring, practical, and truly enjoyable, *Healing at the Speed of Sound* opens the door to a fuller, richer, and much more harmonious life.

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