



Music Medicine: The Science and Spirit of Healing Yourself with Sound

By Christine Stevens

SOUNDS TRUE INC, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Why are we able to recognize melodies before we are born? Why does making music actually switch off the genes that signal stress? It is because music is part of who we are at the deepest level-and we don t need any special talent or training to harness its power to enhance our lives. With Music Medicine, music therapist Christine Stevens presents an information-packed resource, filled with scientifically based practices for accessing and attuning to the natural healing properties of music. Drawing from a wealth of research and her own pioneering healing work in some of the most challenging places around the world, Stevens invites readers to discover: . Accessing the four elements of music-rhythm as medicine for the body, melody for the heart, harmony for the soul, and silence for the mind . Why making music accelerates our ability to heal and change . Healing playlists-each chapter features valuable download recommendations and links for selecting healing music . The drum massage, creating your power song, full-body listening, and other effective and enjoyable practices Music, teaches Christine Stevens, can do...



Reviews

Extremely helpful to all type of folks. It is among the most awesome pdf i actually have study. I found out this pdf from my dad and i recommended this pdf to discover.

-- Dayana Turner

A high quality ebook along with the font employed was fascinating to read. It really is writter in easy phrases rather than confusing. I am just easily can get a satisfaction of looking at a composed publication.

-- Isai Bradtke

You May Also Like



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to sharpen their skills and dont mind...



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...