

[PDF] The Mozart Effect

Don Campbell - pdf download free book

Books Details:

Title: The Mozart Effect

Author: Don Campbell

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Description:

With a subtitle of *Tapping the Power of Music to Heal the Body, Strengthen the Mind, and Unlock the Creative Spirit*, the casual reader might jokingly ask if the book could also improve chances for world peace, bring free and open elections to third world countries, and give your wash whiter whites and brighter brights. Don Campbell's premise is, however, reasonably straightforward: he asserts that the kind of noise to which one is exposed can have important effects on mental and bodily health. As a trial, try protecting your hearing for a few days from the continuous barrage of noise in a typical urban environment; it really does seem to improve one's attitude and fatigue levels.

Where Campbell's ideas become more provocative is in the realm of music. Supported by much anecdotal evidence, he proposes that Classical music with a big "C" (the music of Mozart's period) can reach out to those who are mentally isolated from their fellows, like the autistic, and can help infants react and think better. (Will prenatal music classes be the next big trend for yuppie babies?) In addition, the music of Mozart contributes to the improved functioning of the higher cerebellar

functions, including the ability to deal with logical and mathematical concepts, while contemporary rock actually decreases mental acuity. --This text refers to an out of print or unavailable edition of this title.

Review "Don Campbell is the dean of sound healers. His work is of inestimable value. Practical, mystical and visionary, he makes the world of music accessible, friendly, and profoundly healing." -- Julia Cameron, author of "The Artist's Way

"For several years now Don Campbell has been releasing a secret known for ages: Music is not just entertainment. It is the medicine for body and soul. Intelligent, informed and practical, Don is an excellent guide to the wide-ranging power of music to inspire, educate, and heal." -- Thomas Moore, author of "Care of the Soul and "The Re-Enchantment of Everyday Life

"Don Campbell has written a fascinating and informative book--a tuning fork for our times. Listening to good music, rather than hearing only the cacophony of noises rattling through our modern world, can bolster the body's responses, mend the mind and restore harmony to the soul." -- Clarissa Pinkola Estés, Ph.D, author of "Women Who Run With the Wolves and "The Gift of Story

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