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Your Playlist Can Change Your Life: 10 Proven Ways Your Favorite Music Can Revolutionize Your Health, Memory, Organization, Alertness and More

Galina Mindlin, Don DuRousseau, Joseph Cardillo

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Unlock the power of the songs in your pocket

Maybe you blast the speakers when you need to get pumped up. If that's all you do, though, you're not taking full advantage of the way music can help you. Listen to a slower track first and the one-two punch of the playlist can push you even higher. Overflowing with easy-to-use tips like these, *Your Playlist Can Change Your Life* is the first book to offer scientifically proven methods for using your favorite music to enhance your life. You'll discover how you can use the tunes you love to:

•*Relieve anxiety*
•*Increase your alertness*
•*Feel happier*
•*Organize your brain*
•*Sharpen your memory*
•*Improve your mood*
•*Live creatively*
•*Enhance your ability to fight off stress, insomnia, depression, and even addiction*

Teaching readers how to customize playlists for a feel-good prescription that has no side effects, *Your Playlist Can Change Your Life* offers a natural way to a better you simply by listening.

GALINA MINDLIN, MD, PHD, is an assistant professor of psychiatry at Columbia University, found of Brain Music Therepy (BMT) in the United States, and clinical and executive director of the BMT Center, NYC.

DON DUROUSSEAU, MBA, is a cognitive neuroscientist. He is the founder and chief executive officer of Human Bionics, LLC, and executive director of Peak Neurotraining Solutions, Inc.

JOSEPH CARDILLO, PHD, is the author of *Be Like Water*, among other books, and has taught at various universities.

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Vincent Peck:

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Lily Spivey:

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