



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

Joseph Cardillo, Don DuRousseau, Galina Mindlin

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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.

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

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Roger Everman:

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Michael Hale:

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David Perrin:

In this era globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The book that recommended for you is *Your Playlist Can Change Your Life: 10 Proven Ways Your Favorite Music Can Revolutionize Your Health, Memory, Organization, Alertness and More* this book consist a lot of the information of the condition of this world now. This particular book was represented how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Typically the writer made some research when he makes this book. Here is why this book suitable all of you.

Candace Hernandez:

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