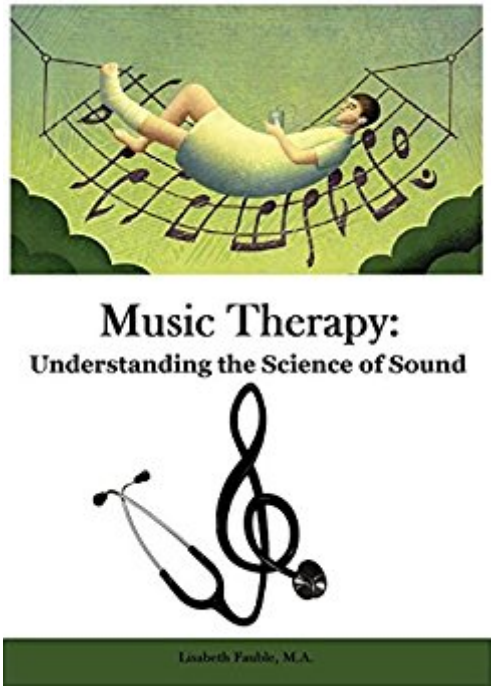
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Music Therapy: Understanding The Science Of Sound



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Synopsis

Music Therapy is a fast-growing field in the healing arts. As medical and therapeutic communities continue to explore integral approaches to healthcare and individuals begin to accept responsibility for their role in their own healing process, we gain a better understanding of the amazing resilience (and sensitivity) of our minds and bodies. Supplemental treatments can effectively support, and sometimes even replace, traditional medical treatments and psychological therapies, while holistic and elemental approaches lend a wholeness that pharmeceutical and surgical interventions cannot. Healthcare practitioners, therapists, and the general public can use music and sound as powerful holistic, elemental tools to improve physical, mental, emotional, and spiritual well-being in a myriad of ways.This book discusses the power of sound and music, how it works, and how we can use it to enhance our quality of life every day, and in recovery from traumas, illness, and injury. Sound and music function as a central, binding force that connects nearly every facet of our life experience in this three dimensional universe- including cultural evolution, consciousness, cognition, mathematics, perception, biology, physiology, and much, much more. This book is invaluable to the healthcare practitioner, music therapist, and any person who wants to augment their practice, improve their results, or enhance their quality of life.

Book Information

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Customer Reviews

Ms. Fauble dives into the power of music, revealing its impact throughout history, religion, health and wellness, science, and society like no one else has. Her work captivates and inspires and causes an awakening in the reader to an ever-present everyday wonder, something so many of us take for granted. The implications and applications uncovered in her study of sound, rhythm, tone, harmony, and chordal combinations are seemingly endless. We are just tapping the surface of what lies beyond the obvious uses for music. What if the key to treating and healing anxiety, anger, despair, dementia, sorrow, and sickness could be found through the modalities described in her writing? I will never listen to music the same, nor will I underestimate its power in my life and the lives around me. Fascinating, engaging, thought-provoking, and grounded in research, this book is a must read.

Well written! Great book on the healing quality of music

Lisabeth taps into a rich aspect of human existence- music. Something that I love and gets me up in the morning. Her insight is easily understandable and wonderful. A must read for anyone who wants to go beyond their current knowledge of the field.

Thank you for your teachings. Sound is beautiful and healing. I could have never survived with out it this far with outsound healing.

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