



Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives

By Don Campbell, Alex Doman

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Use the music you love to become more efficient, relaxed, healthy, and happy.

At this very moment, you are surrounded by sound. Pause for a minute and try to listen to it all: the chatter of a passing conversation, the gentle whoosh of air vents, noise from a nearby street. We rarely pay attention to all that we hear, but every noise in our environment has the ability to affect our mood, our productivity, even our health—for better and for worse.

Drawing on a decade's worth of groundbreaking brain science and research, bestselling author Don Campbell and sound expert Alex Doman's *Healing at the Speed of Sound*® provides practical advice, exercises, and over 100 interactive links that help you create the perfect soundtrack for every task and enjoy a full, rich, and truly harmonious life.

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Editorial Review

Review

"*Healing at the Speed of Sound*. . . provides us with powerful tools to enhance our general health and wellbeing as well as expand our spiritual awareness."—**David Perlmutter, MD, FACN, ABIHM, New York Times bestselling author of *Power Up Your Brain: The Neuroscience of Enlightenment and Grain Brain***

"From the moment of our birth. . .to the last breath we take, sound is a primary, shaping force in our lives. Don Campbell and Alex Doman have authored a wonderful treatise helping us understand the role sound plays in our lives and the means by which we can be productive, healthy and happy."—**Sam Goldstein, Ph.D., author of *The Power of Resilience***

"*Healing at the Speed of Sound* puts us in charge of our own sound health and well being. Life is good-but it can be so much better with Campbell's infinite illuminations contained in this wonderful body of work."—**Barry Green, bestselling author of the *The Inner Game of Music, The Mastery of Music, and Bringing Music to Life***

"As you read and apply what you learn in *Healing at the Speed of Sound* you will transform your life. Alex Doman and Don Campbell unveil practical and profound insights for attaining health and well-being."—**Kevin Hall, bestselling author of *Aspire: Discovering Your Purpose through the Power of Words***

About the Author

A recognized authority on the transformative power of music, **Don Campbell** has made hundreds of national television appearances here and abroad. Author of 23 books, including *Music: Physician for Times to Come*, *The Harmony of Health*, and the 1997 bestseller *The Mozart Effect®*, Mr. Campbell has lectured in over 25 countries. He has also produced 16 albums, including the accompanying music for the Mozart Effect series for adults and children, which dominated the classical Billboard charts in 1998 and 1999.

Alex Doman is the founder and CEO of Advanced Brain Technologies, which provides neurologically based music therapy programs to consumers, schools, therapy clinics, health-care facilities, and the military.

Visit healingathespeedofsound.com.

Users Review

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Helen Woodyard:

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Joseph Gee:

The book untitled Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives is the publication that recommended to you to read. You can see the quality of the reserve content that will be shown to you. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of research when write the book, hence the information that they share for your requirements is absolutely accurate. You also can get the e-book of Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives from the publisher to make you much more enjoy free time.

Paula Shepard:

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Dennis Winters:

This Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives is great guide for you because the content and that is full of information for you who all always deal with world and have to make decision every minute. This particular book reveal it data accurately using great arrange word or we can declare no rambling sentences inside it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but tricky core information with lovely delivering sentences. Having Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives in your hand like keeping the world in your arm, details in it is not ridiculous 1. We can say that no guide that offer you world throughout ten or fifteen tiny right but this guide already do that. So , this can be good reading book. Hey there Mr. and Mrs. occupied do you still doubt which?

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