

Music: Physician for Times to Come

By Don Campbell

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"Each morning, as we hum or chant or strum, we can celebrate the renewal of our path with our own humble offering of the glorious gift called music. This book offers a panorama of ways music can nourish our lives."---Paul Winter, award-winning musician and composer.

As ancient peoples knew, music profoundly affects body, mind, and spirit. It can speed recovery from disease, heal psychological wounds, and open us to the ultimate mystery of life. Celebrated author and educator Don Campbell presents an impressive anthology of essays exploring the latest scientific research about the healing use of sound in traditional cultures. Contributors include composers, musicians, and music therapists; doctors and psychologists; pioneers in neuroscience and biophysics; and teachers in diverse spiritual traditions. They address such fascinating topics as: Why chanting increases energy; The therapeutic use of sacred music; Gender differences in healing with sound; How sonic resonance positively affects heart rate and brain activit.

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Editorial Review

About the Author
Chris Brewer is an author, musician, and trainer with 20 years' experience in teaching. She is Senior Faculty for Cambridge College's National Institute for Teaching Excellence and teaches in a variety of other educational programs. Chris developed an arts integration training program for The Center for Creative Education in Palm Beach County with 350 teachers and 50 artists. Chris is currently co-director of the Institute for Accelerated Learning, Teaching and Research. Don Campbell is the author of nine books, including the best-selling "The Mozart Effect," He was appointed to the Guggenheim Project, which integrates accelerated learning and innovative curriculum into urban schools in Chicago and Washington, D.C. A featured presenter at both the United Nations Peace through Education Conference and the International Conference on Healing with Music, he has also appeared on the Today Show and other national television and public radio programs. He resides in Boulder, Colorado.

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