



The Tao of Music: Sound Psychology - Using Music to Change Your Life

By John M. Ortiz

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Just about everyone likes to listen to music to put them "in the mood," and these techniques get you "out" of a mood! The "Tao" part is about accepting what you're feeling, and dealing with it, by using Dr. Ortiz's methods. Includes musical menus that you can use to create your own program for dealing with issues, koans for meditation, and various other fun exercises to make music a part of your holistic health program. Appendix, bibliography, index.

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Editorial Review

Amazon.com Review

It is often said that music soothes the savage beast, but did you ever think that it could help with time management? What about improving communication? Although he makes no claims that *The Tao of Music* is a cure-all, John Ortiz has tapped the power of music by combining it with established psychological techniques and Taoist ideas to create an innovative concept: your music collection can help you overcome the obstacles of everyday life, from pain to procrastination, relaxation to romance. *The Tao of Music* isn't just a catalog of New Age hits; Ortiz knows his music and draws on genres as diverse as classical and country, giving you the latitude to design your own music therapy.

Users Review

From reader reviews:

Eleanor Williams:

Book is definitely written, printed, or descriptive for everything. You can realize everything you want by a guide. Book has a different type. We all know that that book is important matter to bring us around the world. Beside that you can your reading talent was fluently. A book The Tao of Music: Sound Psychology - Using Music to Change Your Life will make you to become smarter. You can feel a lot more confidence if you can know about every little thing. But some of you think which open or reading the book make you bored. It is not necessarily make you fun. Why they might be thought like that? Have you trying to find best book or ideal book with you?

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