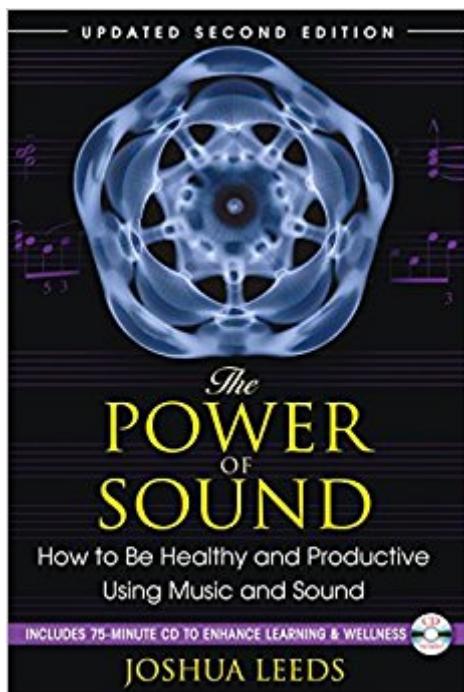


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# The Power Of Sound: How To Be Healthy And Productive Using Music And Sound



## Synopsis

Customize your sound environment for a better quality of life. Shows how to use music and sound to reduce stress, enhance learning, and improve performance. Provides detailed guidelines for musicians and health care professionals. Includes a 75-minute CD of psychoacoustically designed classical music. What we hear, and how we process it, has a far greater impact on our daily living than we realize. From the womb to the moment we die we are surrounded by sound, and what we hear can either energize or deplete our nervous systems. It is no exaggeration to say that what goes into our ears can harm us or heal us. Joshua Leeds--a pioneer in the application of music for health, learning, and productivity--explains how sound can be a powerful ally. He explores chronic sensory overload and how auditory dysfunction often results in difficulties with learning and social interactions. He offers innovative techniques designed to invigorate auditory skills and provide balanced sonic environments. In this revised and updated edition of *The Power of Sound*, Leeds includes current research, extensive resources, analysis of the maturing field of soundwork and a look at the effect of sound on animals. He also provides a 75-minute CD of psychoacoustically designed classical music for a direct experience of the effect of simplified sound on the nervous system. With new information on how to use music and sound for enhanced health and productivity, *The Power of Sound* provides readers with practical solutions for vital and sustained well-being.

## Book Information

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## Customer Reviews

Ã¢ “A magnificent addition to the growing body of literature devoted to the newly emerging field of sound therapy by an author who has been instrumental in its development and recognition. Insightful, lucid, and engaging, The Power of Sound is the first important book on sound therapy for the twenty-first century. It should be read by anyone interested in the true nature of musicÃ¢ “s potential as a healing modality. Bravo, Mr. Leeds!Ã¢ “ (Randall McClellan, Ph.D., author of The Healing Forces of Music)Ã¢ “An indispensable guidebook to a new awareness of sound and an exceptional resource for personal and professional use. Educators, therapists, and anyone with ears will find Joshua LeedsÃ¢ “s work inspiring and practical as they endeavor to promote learning, performance, and well-being.Ã¢ “ (Sheila Smith Allen, MA, OTR, BCP, codirector of Pediatric Therapeutics)Ã¢ “Joshua Leeds points to the future for the entire music community--musicians, producers, engineers, composers, and businesspeople. I applaud his generosity in sharing the psychoacoustic techniques he has developed and utilized to great effect. In combining music and science, Leeds has achieved a dramatic advance in the use of music and sound for empowerment and change.Ã¢ “ (Joe Harnell, Grammy AwardÃ¢ “winning composer, pianist, and author of Counterpoint: The Journey o)"Used for basic understanding, either for personal or professional use, The Power of Sound is a powerful tool at its best. Leeds, through his thorough research, is giving us a glimpse into another world of music. (By-the-way, the 75-minute CD of psychoacoustically designed classical music is awesome!)" (Irene Watson, Reader Views, October 2010)Ã¢ “In this deep guidebook to everything sonic, Mr. Leeds caters to the layperson and the professional alike. The content is exceptionally well researched and organized. He proceeds in sections that contain the history, theory and also references on the Internet that show the research for readers who want a deeper knowledge.Ã¢ “ (Jennifer Hoskins, New Dawn Magazine, February 2011)

HEALTH / MUSIC Ã¢ “A magnificent addition to the growing body of literature devoted to the newly emerging field of sound therapy by an author who has been instrumental in its development and recognition. Insightful, lucid, and engaging, The Power of Sound is the first important book on sound therapy for the twenty-first century. It should be read by anyone interested in the true nature of musicÃ¢ “s potential as a healing modality. Bravo, Mr. Leeds!Ã¢ “ --Randall McClellan, Ph.D., author of The Healing Forces of Music Ã¢ “An indispensable guidebook to a new awareness of sound and an exceptional resource for personal and professional use. Educators, therapists, and anyone with ears will find Joshua LeedsÃ¢ “s work inspiring and practical as they endeavor to promote learning, performance, and well-being.Ã¢ “ --Sheila Smith Allen, MA,

OTR, BCP, codirector of Pediatric Therapeutics What we hear, and how we process it, has a far greater impact on our daily living than we realize. From the womb to the moment we die we are surrounded by sound, and what we hear can either energize or deplete our nervous systems. It is no exaggeration to say that what goes into our ears can harm us or heal us. Joshua Leeds--a pioneer in the application of music for health, learning, and productivity--explains how sound can be a powerful ally. He explores the effects of tone, tempo, and pattern and how auditory dysfunction may result in difficulties with learning and social interactions. He offers innovative techniques designed to invigorate auditory skills and provide balanced sonic environments. In this revised and updated edition of *The Power of Sound*, Leeds includes current research, extensive resources, analysis of the maturing field of soundwork, and a look at the effect of sound on animals. He also provides a new 75-minute CD of psychoacoustically designed classical music for a direct experience of the effect of simplified sound on the nervous system. With new information on how to use music and sound for enhanced health and productivity, *The Power of Sound* provides readers with practical solutions for vital and sustained well-being. JOSHUA LEEDS is a sound researcher, educator, and music producer with 40 hours of specialized soundtracks used in clinics, classrooms, and animal care facilities worldwide. He specializes in the field of psychoacoustics, the study of the effect of music and sound on the human nervous system, and bioacoustics, how human sound affects other living beings. The author of *Through a Dog's Ear* and *Sonic Alchemy*, he lives in southern Oregon.

I am not a musician. I have hearing loss and tinnitus. A book on sound seemed like the last thing I thought I would be reading. Yet... I found myself curiously drawn to sound therapy. I stumbled onto to this book and I am really glad I did. Fascinating and attainable. Leeds covers all aspects of sound, hearing, (including hearing loss), and sound as therapy so even a novice like me can understand it. I thoroughly enjoyed the CD bonus. Enough so, that I also purchased his three other CDs from Hemi-Sync. I like to listen to them with headsets while I work on the computer. Are they changing my brain? I don't know. Some of those classical pieces repeat in my head later... and if a song is going to be stuck in my head, I'd rather it be Pachelbel than Pop pablum. I have recommended this book to friends and family and even purchased a copy as a gift to a musician friend of mine.

I was looking for literature to help me expand my understanding and music, in other words to broaden my horizons and open my mind about sound. I found that exactly on *The Power of Sound*.

It is both very well researched and complete, the book has a complementary website, which is very useful because if you want to get deeper into any of the subjects or you want to read about what other people say about a topic, you can go to the website. This helps the book to be less dense but still gives you the option to go deeper. Joshua Leeds is a musician and producer, he is not a doctor, and he acknowledges this. Mr. Leeds knows his limitations and he encourages collaboration between healers, doctors, musicians and specialists of other disciplines. I also see this as a plus in the book. I read the ebook, so unfortunately I didn't get to listen to the audio examples. I do miss them a little bit. I wish they had the kindle version with mp3s or something like that (website samples). That will be even better. I don't have anything bad to say about this book. I feel that it is very complete, seriously written and researched, still fun to read and very inspiring. I take this book as a springboard to go deeper into specific areas of sound healing now that I have a better understanding about the current trends.

The Book is very informative about the power of sound and its uses for healing but the C.D. alone makes it well worth the price paid that is if you like Classical music. If you are a musician or therapist or healer this will be a good Book to read and incorporate into your practice. Really excellent work and I am happy to recommend this Book/C.D. "The idea that music has a therapeutic function is going through a rapid transformation based on research done in neuroscience" "Based on reliable experimental design, the preliminary results of our research have shown that music seems to have a direct and specific effect on cellular behavior which is made clear by cellular survival activation as well as the reproduction and neurogenesis mechanisms" quote from Neysa Navarro in the preface of this book. This book will take you on a journey of discovery on the way sound affects your well being. Great and Interesting read. thanks to Joshua Leeds for a great book and wonderful Music C.D. very beautiful music !

I concur with the commentary of the other positive reviews and... Why I liked the book: It's very well researched and not solely the findings of the author. Lots of cross indexing, references with directions on how to find the source of additional in-depth information for those desiring to pursue further., good glossary of the terms used throughout the book. Many current authors such as Bruce Lipton, Steve Bhaerman, Richard Gerber, Greg Braden, Ma Emoto, Freddy Silva, and others all discuss frequencies of sound, harmonics, energies, neuroscience, music, healing properties and their interrelationships.

Excellent book. This is just what I was looking for. Gives a lot of good information as well as reference material. His website is great!

The Power of Sound is a fascinating book which thoroughly covers the science of psychoacoustic sound the the effects on the nervous systems. If you are studying to be a music therapist or clinician, you will gain a lot from reading this.

This book is fascinating. A must read for anyone who studies music, appreciates sound science, or curious about the affects of sound on the physical and spiritual world around us. Well done.

This is a challenging read, an eye opener about what effect sound has on us. Well worth the time and concentration. A must read,especially for musicians.

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