



# You Are the Music: How Music Reveals What it Means to be Human

*Victoria Williamson*

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'You are the music / While the music lasts' T.S. Eliot, The Four Quartets

Do babies remember music from the womb? Can classical music increase your child's IQ? Is music good for productivity? Can it aid recovery from illness and injury? And what is going on in your brain when Ultravox's 'Vienna', Schoenberg's Verklärte Nacht or Dizzee Rascal's 'Bonkers' transports you back to teenage years?

In a brilliant new work that will delight music lovers of every persuasion, music psychologist Victoria Williamson examines our relationship with music across the whole of a lifetime.

Along the way she reveals the amazing ways in which music can physically reshape our brains, explores how 'smart music listening' can improve cognitive performance, and considers the perennial puzzle of what causes 'earworms'.

Requiring no specialist musical or scientific knowledge, this upbeat, eye-opening book reveals as never before the extent of the universal language of music that lives deep inside us all.



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**Linda Long:**

In this 21st century, people become competitive in every single way. By being competitive today, people have to do something to make them survive, being in the middle of the crowded place and notice simply by surrounding. One thing that often many people have underestimated it for a while is reading. That's why, by reading a book your ability to survive increase then having chance to remain than other is high. In your case who want to start reading any book, we give you this particular You Are the Music: How Music Reveals What it Means to be Human book as basic and daily reading book. Why, because this book is greater than just a book.

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The particular book You Are the Music: How Music Reveals What it Means to be Human has a lot of knowledge on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. The author makes some research previous to write this book. This particular book very easy to read you can get the point easily after reading this article book.

**Oren Nelson:**

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