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Secret Language of the Heart: How to Use Music, Sound, and Vibration as Tools for Healing and Personal Transformation (Paperback)

By Barry Goldstein

Hierophant Publishing, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. In The Secret Language of the Heart, award-winning producer and composer Barry Goldstein shares how every one of us--the musical and non-musical alike--can harness the power of music to alleviate specific illnesses, reverse negative mindsets and attitudes, dissolve creative blocks and improve overall health. Backed up by the latest scientific research on the benefits of sound, music, and vibration, this book offers practical, concrete instructions for healing that can be tailored to suit your individual preferences and needs, including how to: Nurture your creativity, mindfulness, and productivity by creating customized playlists to suit your situation and mood. (Your favorite song of the moment is more important than you realize!) Use musical stress blasters to ease challenging situations. Find peace and serenity with the Heart Song Breathing Process. Chant to transform and elevate the heart and mind. Goldstein presents step-by-step guidance--as well as dozens of song recommendations along the way--to help you create a new music routine that will heal, energize, and inspire. He also shares vivid stories of his own transformation through music, as well as the life-changing effects music has had on his clients. Whether...



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