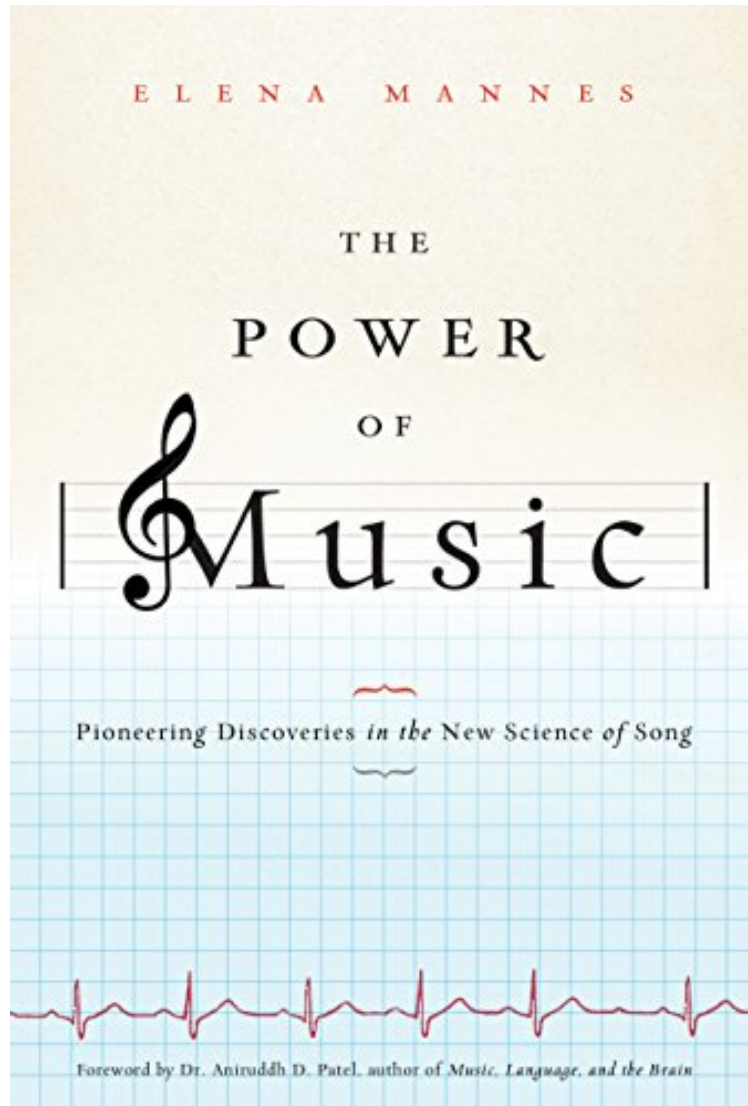


(Mobile book) The Power of Music: Pioneering Discoveries in the New Science of Song

The Power of Music: Pioneering Discoveries in the New Science of Song

Elena Mannes

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Elena Mannes : The Power of Music: Pioneering Discoveries in the New Science of Song before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Power of Music: Pioneering Discoveries in the New Science of Song*:

1 of 1 people found the following review helpful. It talks about studies done to show the effects of music on the brain and why certain people like certain music By GHF(I'm 14 writing this on my mom's account) This was a very interesting book. It talks about how music is built into not only humans, but animals as well. It talks about studies done to show the effects of music on the brain and why certain people like certain music, and It also briefly mentions the

healing properties of music. Overall it was a very good read and full of information. 1 of 1 people found the following review helpful. Groundbreaking Exploration of the Effects of Music...A Must Read for Music Lovers By Ted Lehmann In *The Power of Music* (Walker Books, 2011, 284 Pages, \$9.39 on Kindle) Elena Mannes explores how music has affected the human organism from the mystics of time to the laboratories of tomorrow. In doing so, she examines the role of music in primitive societies, its power to move the mind and the spirit, its ability to heal, and the mystique of its resonance in our minds and bodies. She does so in a mostly lively style, avoiding too many references to brain geography while presenting hard science and deep speculation with visual language that makes the findings of serious research available to the lay reader. As a film maker, her visual style brings the stories she has to tell to life, while she remains a reputable reporter, providing extensive footnotes and notes. Through interviews with scholars and musicians along with field trips to concert halls and primitive societies, she not only describes the musical experience, but makes it real and personal through her own experience. Much of the discussion of various effects music has on individuals (and groups) relies on medical and psychological research using fMRI (functional magnetic resonance imaging) which enables us to watch the brain in operation as it receives various kinds of stimulation. These images show, in vivid color and constant motion, various parts of the brain as they become involved in responding to stimuli. The images show that different frequencies, rhythms, and activities involve the brain in ways that could not even be imagined with earlier technology. Combined with more conventional measurements of blood pressure, heart rate, and breathing, a picture emerges of the entire body being effected by listening to and/or making music. The measurements also indicate that groups, listening together, may fall into synchronicity as their breathing and heart rates synchronise with others present. Studies have shown that even fetuses in utero experience the sounds of voices along with the tonalities and rhythms of music they hear. Such studies led to a fad in which mothers fed music by Mozart and others to their systems in order to, supposedly, increase the intelligence of their unborn children. The rest of this review can be found on my blog. If you decide to order it, please consider purchasing it through the portal there. 3 of 3 people found the following review helpful. It's annoying and simplistic By B. Robinson I can't stand the writer's style. It's annoying and simplistic, for a better book try "Your Brain on Music."

The award-winning creator of the acclaimed documentary "The Music Instinct: Science Song," explores the power of music and its connection to the body, the brain, and the world of nature. Only recently has science sought in earnest to understand and explain this impact. One remarkable recent study, analyzing the cries of newborns, shows that infants' cries contain common musical intervals, and children tease each other in specific, singsong ways no matter where in the world they live. Physics experiments show that sound waves can physically change the structure of a material; musician and world-famous conductor Daniel Barenboim believes musical sound vibrations physically penetrate our bodies, shifting molecules as they do. *The Power of Music* follows visionary researchers and accomplished musicians to the crossroads of science and culture, to discover: how much of our musicality is learned and how much is innate? Can examining the biological foundations of music help scientists unravel the intricate web of human cognition and brain function? Why is music virtually universal across cultures and time—does it provide some evolutionary advantage? Can music make people healthier? Might music contain organizing principles of harmonic vibration that underlie the cosmos itself?