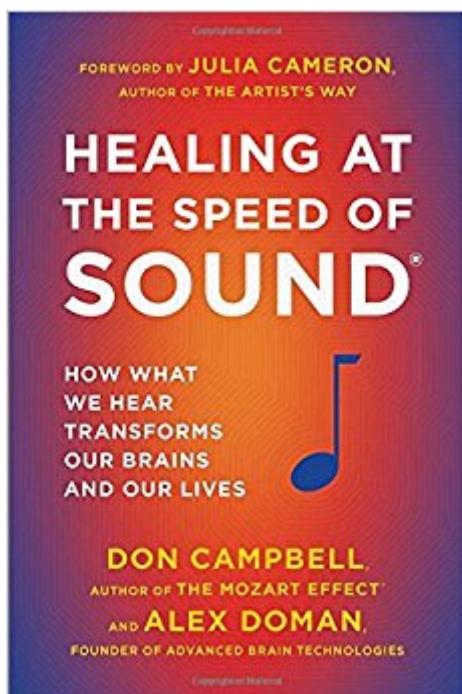


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# Healing At The Speed Of Sound: How What We Hear Transforms Our Brains And Our Lives



## Synopsis

Use the music you love to become more efficient, relaxed, healthy, and happy. At this very moment, you are surrounded by sound. Pause for a minute and try to listen to it all: the chatter of a passing conversation, the gentle whoosh of air vents, noise from a nearby street. We rarely pay attention to all that we hear, but every noise in our environment has the ability to affect our mood, our productivity, even our health—•for better and for worse. Drawing on a decade's worth of groundbreaking brain science and research, bestselling author Don Campbell and sound expert Alex Doman's *Healing at the Speed of Sound*® provides practical advice, exercises, and over 100 interactive links that help you create the perfect soundtrack for every task and enjoy a full, rich, and truly harmonious life.

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## Customer Reviews

"Healing at the Speed of Sound. . . provides us with powerful tools to enhance our general health and wellbeing as well as expand our spiritual awareness."•David Perlmutter, MD, FACN, ABIHM, New York Times bestselling author of *Power Up Your Brain: The Neuroscience of Enlightenment and Grain Brain*"From the moment of our birth. . .to the last breath we take, sound is a primary, shaping force in our lives. Don Campbell and Alex Doman have authored a wonderful treatise helping us understand the role sound plays in our lives and the means by which we can be productive, healthy and happy."•Sam Goldstein, Ph.D., author of *The Power of Resilience*"Healing at the Speed of Sound puts us in charge of our own sound health and well

being. Life is good-but it can be so much better with Campbell's infinite illuminations contained in this wonderful body of work."•Barry Green, bestselling author of The Inner Game of Music, The Mastery of Music, and Bringing Music to Life "As you read and apply what you learn in Healing at the Speed of Sound you will transform your life. Alex Doman and Don Campbell unveil practical and profound insights for attaining health and well-being."•Kevin Hall, bestselling author of Aspire: Discovering Your Purpose through the Power of Words

A recognized authority on the transformative power of music, Don Campbell has made hundreds of national television appearances here and abroad. Author of 23 books, including Music: Physician for Times to Come, The Harmony of Health, and the 1997 bestseller The Mozart Effect®, Mr. Campbell has lectured in over 25 countries. He has also produced 16 albums, including the accompanying music for the Mozart Effect series for adults and children, which dominated the classical Billboard charts in 1998 and 1999. Alex Doman is the founder and CEO of Advanced Brain Technologies, which provides neurologically based music therapy programs to consumers, schools, therapy clinics, health-care facilities, and the military. Visit [healingatthespeedofsound.com](http://healingatthespeedofsound.com).

I have long admired Don Campbell's work, and this book is no exception. More of a survey than an in-depth treatise, it is actually quite useful just because of that. The main problem I have is that in the attempt to stay "up-to-date" by including links to websites instead of putting fuller information into footnotes or reference notes, the publishers have failed rather badly: most of the links don't connect with anything now, only 4 years after the publication date. Actual printed-in-the-book information, with names and titles and the like, would have been, in the long run, far more useful, for far longer. Or, since the book has its own website, why couldn't the publishers have arranged to have the sound and video clips all on their own site so they stay available?

A friend recommended this book to me because of my interest in sound and depression. It's a great read and an even greater resource for me. This book presents for a layperson like me an enlightening understanding of the great impact noise, commotion or sound- whatever one wants to call it on our daily lives.

This is an amazing, different and special book, This book is so much different than anything else i have read, it is a must for anyone, and anybody who wants to upgrade their quality of life. I also

think this book will improve my families health and well being together with expanding our knowledge.

This is a well-written, in-depth discussion of the applications of music and sound. It is very well researched and provides extensive sources and external links. If you're interested in how you can use sound to change your own life or the life of those around you, or if you're just interested on an intellectual level, then this book is for you. I'm rating 4 instead of 5 stars because there were a few areas in which I feel issues were over-simplified and could have been dealt with better. Overall very good though.

Wonderful concepts and information. I have never really thought about the "sound" environment that surrounds me everyday, and ways to improve that in my life and the lives of my family and friends. The computer links in the book send you to wonderful examples of the concepts online. After absorbing the information I purchased the music compilations that the authors have developed to supplement the ideas in the book. Buy this book - you will not be disappointed!

We're concerned with what we eat, our emotional stressors, and the environmental toxins that may be affecting us, but few of us consider our sound environment. What does it do to us when we're constantly exposed to artificial and noxious sounds--and what are the benefits of hearing natural, harmonious sounds? Healing at the Speed of Sound is a fascinating look into how we can improve our well being, our level of energy, and even our physical health by altering our sound environment. For people with noise sensitivity or auditory processing disorder, this is an especially helpful book in that it explains what we are experiencing and how to address it to make ourselves more comfortable and better able to listen and focus in cluttered sound environments. It also clarifies why listening to certain types of music, or environmental sounds, can be so incredibly helpful. If you can, get an interactive electronic version of this book so you can click through instantly to the auditory, visual, and informational links that will enhance your understanding of the material. If you buy a traditional copy, be sure to get on the internet to check out the links. Highly recommended for anyone interested in knowing more about sound health, and auditory processing issues.

Excellent!!

I haven't finished reading this book yet but am so enjoying it that I wanted to put some initial

impressions down on paper. I'll re-review after I have completely finished reading it the first time, I can see that I will probably be referring back to this book for quite some time to come. I ended up buying the hardbound edition, and the Kindle edition."I would teach children music, physics, and philosophy, but most importantly music, for in the patterns of music and all the arts are the keys of learning ." - Plato. In Healing At The Speed Of Sound this quote begins Chapter 4, which focuses on sound and music in education. This chapter alone is enough to make me wish this book was required reading for every person that has any involvement in educating our children, whether it is parents, teachers, administrators, elected officials; at a time when the arts and are in jeopardy in so many schools, if they haven't already been eliminated. We are wasting so much potential right now, in a nation where too many seem to shrug off the failure of so many to even complete high school. There are non academic tools that can help these kids, and one of those that has the greatest potential to help so many kids is music.I have not been reading this wonderful book in linear fashion, rather I began by skipping around, investigating some of the rich resources provided throughout. Last night I did go back to the beginning and then put on some beautiful, soothing music to go to sleep. I already knew how important this can be, but needed a reminder. I took some time this morning to just wake up and consciously allow some relative silence, as I enjoyed the happy snuffles of my dogs greeting me. It certainly put me in a great frame of mind to begin my day. The authors offer a tantalizing glimpse of how just a few changes in my daily routine can make an enormous change in my energy and attitude. They provide so many potential music resources too: I can see that I will be referring back to the book again and again as I build a better daily sound and music routine for myself. It delights me to think of how much fun I can have building my personal soundscapes too. The possibilities are limitless!Each chapter is like unwrapping a present, as I not only read, but investigate the links. I downloaded the Kindle software for my laptop, and have it synced with my Kindle. I can directly access the links in each chapter as I am reading on the laptop, which really enriches the experience of reading it so much more! If I had the enhanced e-book version I could use that, and could access the links directly from my iPad or Nook or one of the new Kindles coming perhaps, but for now am really enjoying this experience!

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