

Benefits of Listening to Music

Recent research shows that listening to music improves our mental well-being and boosts our physical health in surprising and astonishing ways.

- Music Makes You Happier.
- Music Enhances Running Performance.
- Music Lowers Stress and Improves Health.
- Music Helps You Sleep Better.
- Music Reduces Depression.
- Music Helps You Eat Less.
- Music Elevates Your Mood.
- Music Strengthens Learning and Memory.
- Music Relaxes you.
- Music Reduces Pain.
- [10 Benefits of Listening to Music - YouTube](#)



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- [Pharrell Williams - Happy \(Official Music Video\) – YouTube](#)
 - [Bobby McFerrin - Don't Worry Be Happy \(Official Video\) – YouTube](#)
 - [I'm Still Standing - Taron Egerton \(Lyrics\) Of Movie Sing – YouTube](#)
 - [U.S.A. For Africa - We Are the World \(Official Video\) – YouTube](#)
 - [Wham - Wake Me Up Before You Go Go \(lyrics\) – YouTube](#)
 - [Olivia Newton John. John Travolta - GREASE / グリース 1978 – YouTube](#)
 - ["Let's twist again" - Chubby Checker - YouTube](#)



Listen to music.
Sing with it. Dance to it.
It will help you and heal
you through anything.

Music can heal the wounds,
that medicine cannot touch.

Deborah Mridha



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“ONE GOOD
THING ABOUT
MUSIC, WHEN IT HITS
YOU, YOU FEEL NO
PAIN.” - BOB MARLEY

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