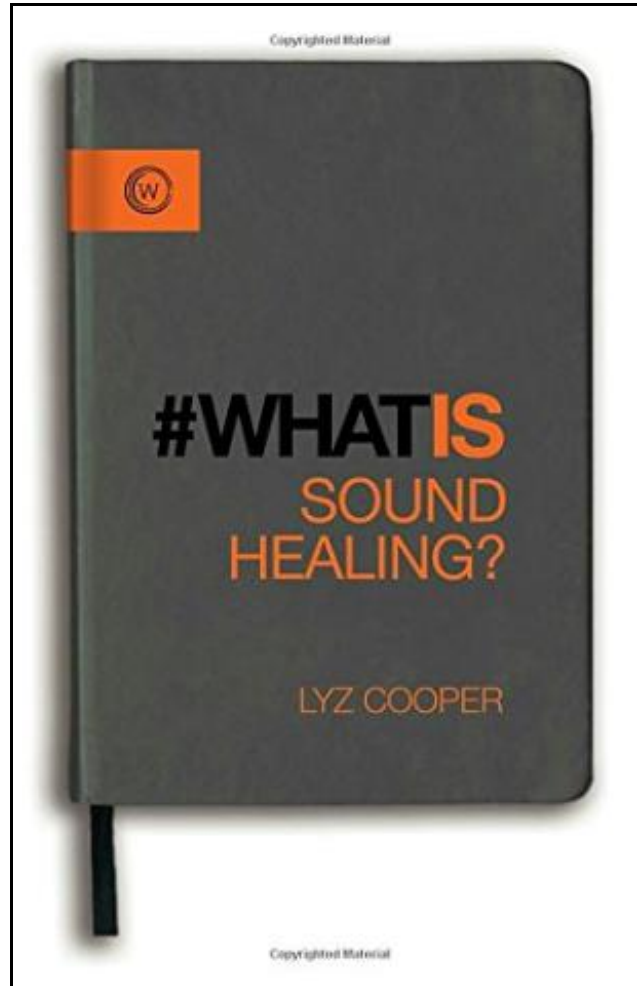


## What is Sound Healing?



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, What is Sound Healing?, Lyz Cooper, Cast your mind back to the last time a sound affected you. Perhaps birdsong that set a positive tone for your day, a child's laughter that lifted your mood or a favourite song that raised your energy. Sound has the power to make our spirits soar but how does it do this? The aim of this book is to demystify this intriguing subject, exploring how and why we respond to sound in the way we do, and reminding us that the innate knowledge for using sound to bolster our everyday lives already lies within us. After an insightful introduction about why the subject of Sound Healing is so worth delving into, each chapter then addresses a key question: What is sound and how do we hear it? including the difference between sound and music, and scientific explanations of factors such as sound waves, frequency, pitch, volume and the wonders of the human hearing mechanism. How does sound healing work? How did our ancestors use sound for health and well-being? Who is sound healing for and what are its many benefits? What does it involve? including an exploration of the different instruments that this can entail. How can we bring sound healing into our daily lives? And, finally, can sound work transform our consciousness? As such, this book brings readers on an exploratory journey through the world of sound healing, uncovering its immense therapeutic power, and showing readers how to tap into this power for the purposes of personal transformation, so that we can all lead more authentic, connected, contented lives."



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