



Music, Health, and Wellbeing

By Reader in Psychology Raymond MacDonald, Gunter Kreutz, Laura Mitchell

Oxford University Press, United Kingdom, 2013. Paperback. Book Condition: New. 250 x 170 mm. Language: English . Brand New Book. The great saxophonist Charlie Parker once proclaimed if you don't live it, it won't come out of your horn . This quote has often been used to explain the hedonistic lifestyle of many jazz greats; however, but it also signals the reciprocal and inextricable relationship between music and wider social, cultural and psychological variables. This link is complex and multifaceted and is undoubtedly a central component of why music has been implicated as a therapeutic agent in vast swathes of contemporary research studies. Music is always about more than just acoustic events or notes on a page. Music has a universal and timeless potential to influence how we feel. Yet, only recently, have researchers begun to explore and understand the positive effects that music can have on our wellbeing - across a range of cultures and musical genres. This book brings together research from music psychology, therapy, public health, and medicine, to explore the relationship between music, health and wellbeing. It presents a range of chapters from internationally recognised experts, resulting in a comprehensive, multidisciplinary, and pluralistic account...



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