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the tao of music lies at that space between harmony and dissonance. Clinically, depression is a mood disorder. For the purposes of this book, however, the following suggested exercises are designed to assist with lifting a depressed mood , rather than a clinical depression.

The Tao of Music: Sound Psychology - Scribd

The Tao of Music: Sound Psychology - Using Music to Change Your Life [John M. Ortiz] on Amazon.com. *FREE* shipping on qualifying offers. Just about everyone likes to listen to music to put them in the mood, and these techniques get you out of a mood! The Tao part is about accepting what you're feeling

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music with people around the world. As a kid in Philadelphia I found it hard to glean useful information about playing the banjo from books. There were one or two good titles but most of the things I know about the banjo today are either the result of thousands of hours of playing or were taught to me by other banjo players.

The how and the Tao of Old Time Banjo - Mark Sylvester

THE TAO OF POOH Benjamin Hoff is an Oregon writer, photographer, musician, and composer with a fondness for Forests and Bears. A Bachelor of Arts (he thinks his degree was in Asian Art, but then, he hasn't looked at it for a while, and it may not be), he was until recently a Japanese-trained fine pruning specialist. He now writes full time.

The Tao of Pooh - English and Philosophy

The "Tao" part is about accepting what you're feeling, and dealing with it, by using Dr. Ortiz's methods. Includes musical menus that you can use to create your own program for dealing with issues, koans for meditation, and various other fun exercises to make music a part of your holistic health program.

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