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Subject: Sound proofing a room

Posted by [DaBase](#) on Wed, 12 May 2010 23:18:56 GMT

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How would I go about sound proofing a room in my house? I am installing a sound system into my family room which will be like a media room and I want to sound proof it so it doesn't disturb the rest of the house or neighbors. What should I use to sound proof the walls?

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