Subject: Re: Music to alter mood
Posted by Kingfish on Sun, 04 Feb 2018 15:14:30 GMT
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Is anxiety a mood? If so, this song always calms me down. I can be very competitive Monday through Monday, but this little ditty sets me back down to earth:

https://www.youtube.com/watch?v=DxT7M7pm0HI

Yes, that is Robert Plant you see singing back-up on that song.