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Subject: Re: Brain Enhancement Through Classical Music

Posted by [Reggie](#) on Sun, 30 Jun 2019 13:00:40 GMT

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Rusty wrote on Thu, 27 June 2019 08:43 I think learning HOW to play an instrument would be more effective in brain enhancement than just listening.

I concur with this statement. Listening to music might help us to be emotionally stable, but not necessarily enhance our thinking. Learning how to play an instrument will trigger the brain to function so that will help enhance the brain.

Is it true that playing an instrument will trigger the left (or right) lobe of the brain to function?

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