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Subject: Re: Sounds that Help You Focus

Posted by [RunsWithScissors](#) on Sat, 06 Feb 2021 05:41:56 GMT

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For me, nothing beats gentle flute music. There's something so alien and relaxing about a well played flute. I also like listening to music in other languages. When I don't understand the words, I'm able to focus more on the music itself. That helps me relax.

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