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Subject: Re: Sounds that Help You Focus  
Posted by [MRikki](#) on Sat, 06 Feb 2021 16:19:13 GMT  
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RunsWithScissors, I'm just the opposite! I've found that when I listen to music with lyrics in a different language, I'm more distracted. I want to understand what they are saying, but obviously, I can't! :lol: I also speak snippets of French and Spanish, and so when I am listening to a song in those languages, I understand bits and pieces. That's really distracting!

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