Subject: Re: How Music Affects Us
Posted by Spotifier on Fri, 01 Oct 2021 04:57:11 GMT
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Beck wrote on Thu, 23 September 2021 20:14 It helps with my motivation, but it can also trigger some memories.
Yeah, it's problematic, though, when it triggers memories you don't want to recall. When I'm thinking about personal problems, I don't listen to music, knowing that I'll only get emotional.