

---

Subject: Binaural Beats

Posted by [Zart](#) on Fri, 18 Mar 2022 16:14:37 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Have you tried listening to this for relaxation? I've read about it and thought it could be a great alternative to classical music and mellow songs. It also seems to have a lot of benefits for your mood and focus.

---