Subject: Re: Music and Mood
Posted by Concorde on Sat, 24 May 2025 01:02:02 GMT
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The following link is from Psychology Today, and answers the question quite nicely. It's 2 1/2 years old but it aged well. It didn't go into the science of music and the science of the brain, but it's still very informative.

http://https://www.psychologytoday.com/us/blog/science-of-choice/202211/how-listening-to-music-affects-your-mood