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Subject: Better Living Through Audio  
Posted by [Chicken](#) on Mon, 05 Nov 2012 20:52:46 GMT  
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This is an interesting article in which the author asserts that "serious listening" to music is similar to meditation and thus confers similar benefits.

What are your thoughts?

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Subject: Re: Better Living Through Audio  
Posted by [audioaudio90](#) on Thu, 08 Nov 2012 16:01:10 GMT  
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It's interesting, but I would prefer to wait for an actual study rather than one guy's opinion before I tout benefits. That said, sometimes I enjoy really concentrating on music when I listen.

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Subject: Re: Better Living Through Audio  
Posted by [Nouri](#) on Sat, 24 Nov 2012 22:24:17 GMT  
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He has a point in that when you concentrate on something, like music, you get lost in it and all of your senses are focused on that. How your mind responds to it would depend on what type of music you're listening to.

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Subject: Re: Better Living Through Audio  
Posted by [iLoveiPod](#) on Sun, 25 Nov 2012 04:10:38 GMT  
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I definitely believe that listening to music has therapeutic benefits, study or no study. I believe that from personal experience. Nothing relaxes me more after a hard or stressful day than listening to Pink Floyd.

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Subject: Re: Better Living Through Audio  
Posted by [love2play](#) on Mon, 26 Nov 2012 15:20:39 GMT  
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I agree that listening to music certainly has therapeutic benefits, and who knows maybe this guy's opinion will lead to a more thorough research study.

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Subject: Re: Better Living Through Audio

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Posted by [Kingfish](#) on Sun, 09 Dec 2012 09:38:26 GMT

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iLoveiPod wrote on Sat, 24 November 2012 22:10 Nothing relaxes me more after a hard or stressful day than listening to Pink Floyd.

I'm with you on that one. Vangelis is good for relaxing too, but I think that study makes a lot of sense. It's all about how much you focus on something.

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