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Subject: Music to alter mood

Posted by [Tikki](#) on Thu, 14 Dec 2017 00:51:49 GMT

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I want to create a playlist that will cause my mood to lift whenever I listen to it. Any suggestions? What's the most inspirational song you've ever heard?

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Subject: Re: Music to alter mood

Posted by [Lost the Remote](#) on Fri, 15 Dec 2017 01:42:52 GMT

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If you want to feel all Zen I recommend anything nature based like sounds from the rainforest or waterfalls. Just about anything by Enya should work too.

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Subject: Re: Music to alter mood

Posted by [Perfect Storm](#) on Sat, 16 Dec 2017 06:07:11 GMT

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Ohh, that's a tough question. Everyone gets inspired by different things. I find "Fight Song" by Rachel Platten to be a super catchy, uplifting song that makes me want to dance around. But if pop music isn't your thing, that might not work for you.

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Subject: Re: Music to alter mood

Posted by [funkymusic](#) on Mon, 18 Dec 2017 02:49:49 GMT

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It all depends, Tikki. Everyone gets in better moods from different kinds of music. Just to get a better idea of what you like, what songs do you already have on your playlist?

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Subject: Re: Music to alter mood

Posted by [Solitary](#) on Thu, 28 Dec 2017 10:10:38 GMT

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I agree that it's probably going to be way easier to help you if we know what your likes are. Maybe if you list a few of the songs you already have?

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Subject: Re: Music to alter mood

Posted by [Charlie82](#) on Sun, 31 Dec 2017 21:03:56 GMT

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"Twist and Shout" by The Beatles is something I've noticed puts a lot of people in a good mood. I also find The Beach Boys to be pretty generic happy music.

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Subject: Re: Music to alter mood

Posted by [WorkingWoman2017](#) on Wed, 03 Jan 2018 22:07:45 GMT

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I agree that different people have different types of music that makes them feel good. There are times when I want to cry in my beer and I choose some sad country stuff. Happy time requires a totally different vibe.

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Subject: Re: Music to alter mood

Posted by [Kingfish](#) on Sun, 04 Feb 2018 15:14:30 GMT

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Is anxiety a mood? If so, this song always calms me down. I can be very competitive Monday through Monday, but this little ditty sets me back down to earth:

<https://www.youtube.com/watch?v=DxT7M7pm0HI>

Yes, that is Robert Plant you see singing back-up on that song.

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Subject: Re: Music to alter mood

Posted by [Silver](#) on Fri, 16 Feb 2018 03:18:08 GMT

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Try "Jessie" by Joshua Kadison. They say he wrote it for his then girlfriend Sarah Jessica Parker. This was back in the 90's when people wrote very good love songs.

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Subject: Re: Music to alter mood

Posted by [Snickers](#) on Sat, 17 Feb 2018 01:02:42 GMT

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Silver wrote on Thu, 15 February 2018 21:18 Try "Jessie" by Joshua Kadison. They say he wrote it for his then girlfriend Sarah Jessica Parker. This was back in the 90's when people wrote very good love songs.

I like that song. I had no idea it was about Sarah Jessica Parker...or that she ever dated Joshua. For some reason, I can't seem to recall a time when she wasn't married to Matthew Broderick.

"Don't Stop Believin'" by Journey usually does the trick for me.

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