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Subject: Music and Mood

Posted by [Kingfish](#) on Thu, 02 Jan 2025 18:18:56 GMT

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How much of a correlation between the two do you think there is? Personally, I think they tie together rather tightly. Some people don't see a correlation at all, while I can't see how they can't see it.

I use music constantly to reaffirm my moods or get me into a better mood.

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Subject: Re: Music and Mood

Posted by [Rusty](#) on Thu, 02 Jan 2025 20:48:50 GMT

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Like you, I find its correlated. Its what compels me what to rustle up during a phono session. I'll usually end up with a stack of albums on top of my big ole Theater 4 Pi's afterward. They do make a good platform for that. As well as divine listening. Sometimes my mood though can dictate no music at all.

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Subject: Re: Music and Mood

Posted by [gofar99](#) on Sun, 05 Jan 2025 01:43:51 GMT

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I certainly think that music can influence mood. But at my age I have come to prefer quiet at least as much.

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Subject: Re: Music and Mood

Posted by [The Noise](#) on Sat, 11 Jan 2025 15:32:03 GMT

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I think there is a direct correlation, albeit subtle. In my opinion, subtle influences like music on moods are the most potent influences. In a way, they're like words, as they can also influence people subtly.

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Subject: Re: Music and Mood

Posted by [positron](#) on Tue, 04 Feb 2025 05:48:44 GMT

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I agree as well. My mood can be altered pretty easily by the selections I choose.

cheers

pos

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Subject: Re: Music and Mood

Posted by [Chloe](#) on Sun, 16 Mar 2025 21:54:31 GMT

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I fully agree with you. To me, music is a very important part of my life. The correlation that music and mood have is the reason why people will listen to upbeat songs when they work out. Or when you're sad, you may listen to sad music. I can't go a day without listening to some type of music.

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Subject: Re: Music and Mood

Posted by [Strum Drum](#) on Wed, 26 Mar 2025 07:55:13 GMT

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I try to exercise daily, and I have an upbeat playlist to pump me up when I'm just not in the mood to get off the couch. It helps motivate me every time. So, yeah, I can see the correlation there.

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Subject: Re: Music and Mood

Posted by [Csharp](#) on Tue, 20 May 2025 11:33:22 GMT

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When you're down in the dumps about losing a lover, the last thing most people want to hear is a fast-paced fluffy dance tune. No, most of us want to wallow in it for a bit before moving on.

That's why that old Nazareth tune "Love Hurts" still gets airplay. We need sad songs for sad situations.

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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>

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Subject: Re: Music and Mood

Posted by [Airforce 3](#) on Sun, 01 Jun 2025 01:31:10 GMT

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Some people see music as a transference of energy from the creator to the listener. What we need to feel, we listen to.

If music does not effect your music, like it was designed to do, you might want to look into that.

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