

Daniel J. Levitin
**I HEARD THERE WAS A
SECRET CHORD**

Music as Medicine
Narrated by the Author

Music is one of humanity's oldest medicines. From the Far East to the Ottoman Empire, Europe to Africa and the pre-colonial Americas, many cultures have developed their own rich traditions for using sound and rhythm to ease suffering, promote healing, and calm the mind. In his latest work, neuroscientist and *New York Times* best-selling author Daniel J. Levitin (*This Is Your Brain on Music*) explores the curative powers of music, showing us how and why it is one of the most potent therapies today. He brings together, for the first time, the results of numerous studies on music and the brain, demonstrating how music can contribute to the treatment of a host of ailments, from neurodegenerative diseases such as Parkinson's and Alzheimer's, to cognitive injury, depression, and pain.

Levitin is not your typical scientist—he is also an award-winning musician and composer, and through lively interviews with some of today's most celebrated musicians, from Sting to Kent Nagano and Mari Kodama, he shares their observations as to why music might be an effective therapy, in addition to plumbing scientific case studies, music theory, and music history. The result is a work of dazzling ideas, cutting-edge research, and jubilant celebration.

I Heard There Was a Secret Chord highlights the critical role music has played in human biology, illuminating the neuroscience of music and its profound benefits for those both young and old. "Daniel J. Levitin is a visionary neuroscientist, an extraordinary musician, a brilliant writer—and this is his best book yet. *I Heard There Was a Secret Chord* is inspiring and illuminating, as deep as it is delightful. I couldn't put it down. So full of great ideas and delicious stories, it made me want to rewind my entire life and spend more of it making music."—**Daniel Gilbert**, *New York Times* best-selling author of *Stumbling on Happiness*.

This enhanced audiobook features original music by the author.

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AUDIO

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