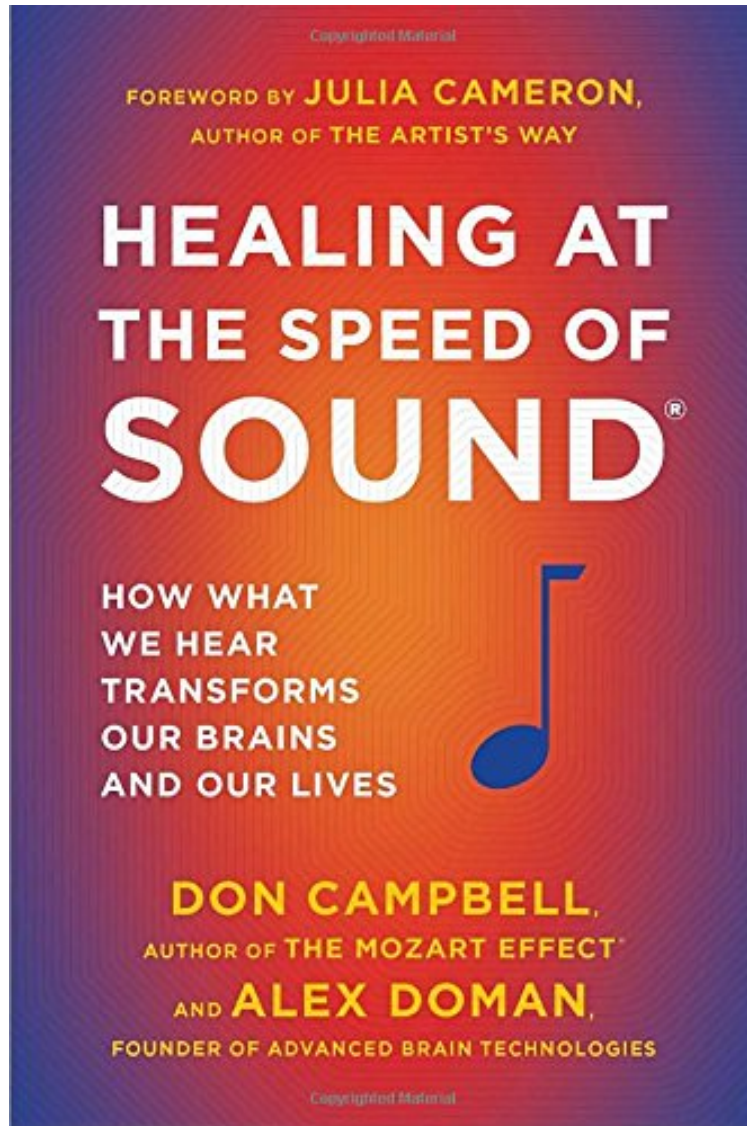


# Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives

*Don Campbell, Alex Doman*  
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**Don Campbell, Alex Doman : Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives:

4 of 4 people found the following review helpful. great information, but the links don't workBy Sue Ellen WolcottI have long admired Don Campbell's work, and this book is no exception. More of a survey than an in-depth treatise, it

is actually quite useful just because of that. The main problem I have is that in the attempt to stay "up-to-date" by including links to websites instead of putting fuller information into footnotes or reference notes, the publishers have failed rather badly: most of the links don't connect with anything now, only 4 years after the publication date. Actual printed-in-the-book information, with names and titles and the like, would have been, in the long run, far more useful, for far longer. Or, since the book has its own website, why couldn't the publishers have arranged to have the sound and video clips all on their own site so they stay available? 2 of 2 people found the following review helpful. Healing At a The Speed of Sound By Mary Beth Palma A friend recommended this book to me because of my interest in sound and depression. It's a great read and an even greater resource for me. This book presents for a layperson like me an enlightening understanding of the great impact noise, commotion or sound- whatever one wants to call it on our daily lives. 2 of 2 people found the following review helpful. This is an amazing, different and special book, This book is so much different than anything else i have read, By Cobi Gur This is an amazing, different and special book, This book is so much different than anything else i have read, it is a must for anyone, and anybody who wants to upgrade their quality of life. I also think this book will improve my families health and well being together with expanding our knowledge.

Use the music you love to become more efficient, relaxed, healthy, and happy. At this very moment, you are surrounded by sound. Pause for a minute and try to listen to it all: the chatter of a passing conversation, the gentle whoosh of air vents, noise from a nearby street. We rarely pay attention to all that we hear, but every noise in our environment has the ability to affect our mood, our productivity, even our health for better and for worse. Drawing on a decades worth of groundbreaking brain science and research, bestselling author Don Campbell and sound expert Alex Domans Healing at the Speed of Sound provides practical advice, exercises, and over 100 interactive links that help you create the perfect soundtrack for every task and enjoy a full, rich, and truly harmonious life.

"Healing at the Speed of Sound. . . provides us with powerful tools to enhance our general health and wellbeing as well as expand our spiritual awareness." David Perlmutter, MD, FACN, ABIHM, New York Times bestselling author of Power Up Your Brain: The Neuroscience of Enlightenment and Grain Brain "From the moment of our birth. . . to the last breath we take, sound is a primary, shaping force in our lives. Don Campbell and Alex Doman have authored a wonderful treatise helping us understand the role sound plays in our lives and the means by which we can be productive, healthy and happy." Sam Goldstein, Ph.D., author of The Power of Resilience "Healing at the Speed of Sound puts us in charge of our own sound health and well being. Life is good-but it can be so much better with Campbell's infinite illuminations contained in this wonderful body of work." Barry Green, bestselling author of the The Inner Game of Music, The Mastery of Music, and Bringing Music to Life "As you read and apply what you learn in Healing at the Speed of Sound you will transform your life. Alex Doman and Don Campbell unveil practical and profound insights for attaining health and well-being." Kevin Hall, bestselling author of Aspire: Discovering Your Purpose through the Power of Words About the Author A recognized authority on the transformative power of music, Don Campbell has made hundreds of national television appearances here and abroad. Author of 23 books, including Music: Physician for Times to Come, The Harmony of Health, and the 1997 bestseller The Mozart Effect, Mr. Campbell has lectured in over 25 countries. He has also produced 16 albums, including the accompanying music for the Mozart Effect series for adults and children, which dominated the classical Billboard charts in 1998 and 1999. Alex Doman is the founder and CEO of Advanced Brain Technologies, which provides neurologically based music therapy programs to consumers, schools, therapy clinics, health-care facilities, and the military. Visit [healingatthespeedofsound.com](http://healingatthespeedofsound.com).