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FOR IMMEDIATE RELEASE

THE POWER OF SOUND . . .
SOUND IS THE UNRECOGNIZED PILLAR OF HEALTH AND THIS IS THE
BOOK THAT REVEALS IT!

(Carlsbad, CA)—8/25/2011. Sound. The click of keys on a typewriter . . . the buzz of cars outside your window . . . the “sound” of silence. Sound is everywhere, it is universal, and it one of the most powerful tools you have access to in your life. From your morning commute, to your workout mix, to the last sounds you hear as you fall asleep, sound can vastly impact your emotional, spiritual, and physical well-being—in both positive and negative ways.

In the new book *Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives, From Music to Silence and Everything in Between* (September 29, 2011), authors Don Campbell and Alex Doman take you through a typical day, demonstrating ways in which you can put both sound and silence to work—thereby enhancing your waking routine, morning commute, work experience, family time, social activities, and sleep patterns. Like it or not, you absorb a myriad of sounds every day. So shouldn't you be selective about the sounds you surround yourself with?

There has been a tremendous amount of research done that examines how music and sound affects us on a daily basis, both mentally and physically. Don Campbell and Alex Doman use that science to reveal just how strongly our brains and bodies are affected by sound—for better or worse.

Music and sound can be more powerful than drugs, if you have the right “sound prescription.” The great advantage of sound lies in its absolute pervasiveness—it permeates our lives, and it is available to all. So it is our choice whether we use it to enhance, or detract from, our lives.

Take, for example, your desire to be more productive or focused at work. Playing the appropriate music, perhaps *Concerto for Two Trumpets*, will keep you on track. In fact, there's a song that complements just about anything you want to accomplish, such as: peace and relaxation, improved learning, stress reduction, increased motivation, brain health, fitness, and intellectual inspiration—the list is endless. And since sound impacts people of all ages at every stage of life from grade school to the latter stages of life—it's never too early or late to be fully aware of your daily sonic environment.

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“Rhythm, tone, melody, vibration, words—every aspect of music and song works not only to make us who we are, but to keep us physically healthy, emotionally balanced, and mentally alert as we move through our lives.”

— from ***Healing at the Speed of Sound***

***Healing at the Speed of Sound* will show you how sound and music can help you:**

- Get the most out of your daily fitness routine
- Decrease stress, improve productivity, and create a collegial environment at the workplace
- Use sound brain fitness practices to improve your child’s social, physical, and academic functioning
- Reduce stress, speed up recovery times, and enhance many different forms therapy
- Improve the lives of the elderly, including those with Alzheimer’s disease and other forms of dementia
- Move away from noise, and toward healthy sound

“Sound is everywhere — it is as much a part of our lives as the air we breathe and the food we eat. But until now we haven’t properly considered the health values of sound. We may choose organic food at the supermarket and avoid inhaling others’ cigarette smoke, yet we rarely pay attention to the equally positive or negative health impacts of sound, the other thing we put in our bodies.”

— from ***Healing at the Speed of Sound***

This process of combining meaningful sounds in novel ways is bound to open your perception in ways that were hardly imaginable before. You will soon be able to enhance the quality of your health, your relationships, and your overall well-being in countless delightful ways. The best part of all is . . . this approach is easy to learn and implement in your life, and you can start doing so right now!

As an added bonus, there will be an enhanced eBook edition of *Healing at the Speed of Sound* that will be released at the same time as the print edition. It will serve as an immersive experience for readers, with more than 70 active links that lead to audio and video supplements, free music downloads, and more! Two CDs: *Music for Healing at the Speed of Sound: Calm & Relax Volume 1*; and *Music for Healing at the Speed of Sound: Focus & Vitality, Volume 2* will be released on October 11, 2011, from Spring Hill Music and Advanced Brain Technologies.

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About the Authors

Don Campbell is a recognized authority on the transformative power of music. He has written more than 20 books, which have been translated into as many languages. He has made hundreds of national television appearances here and abroad.

Alex Doman is founder and CEO of Advanced Brain Technologies (Ogden, Utah), an innovative company started in 1998 with a vision to transform the life of every person by making sound brain fitness universally attainable.

HEALING AT THE SPEED OF SOUND

DON CAMPBELL / ALEX DOMAN

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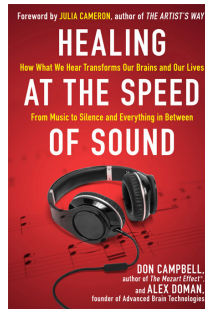
SPRING HILL MUSIC - CDs ON SALE OCTOBER 11, 2011

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MUSIC FOR HEALING AT THE SPEED OF SOUND, FOCUS & VITALITY, VOLUME 2

UPC - 718795660223 - \$15.98



For more information on *Healing at the Speed of Sound* (Book, CDs & Enhanced eBook), please visit:

HealingAtTheSpeedOfSound.com