

Music

How music affects our everyday life.

music affects everything and everyone, some people listen to it to reduce stress, or some people simply listen to it for fun and recreation.

People also have different tastes in music, from pop to punk and rock to reggae. Music is important, even if you hate it.

The way music affects our everyday lives is through our brains, music affects the brain in many positive ways:

It makes you smarter, much more happier and much more productive at any age, Listening to music is good and being able to play it is even better.

If you want evidence to prove my point have a look at a brain scan of people who play a lot of music, professional musicians.

Brains scans show that their brains are different to ours.

They are generally more symmetrical, which is a good thing.

But, most of us are not professional musicians, still music can increase your work performance.

Office workers allowed to listen to their preferred choice of music complete tasks more quickly and come up with better ideas than those who have no control or choice over their musical choices

Even sad music brings most listeners pleasure and comfort, well, according to recent research at durham university in the united kingdom and the university of jyvaskyla in finland, published by PLOS ONE (<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0157444>)

These are the links that I used during research, the reason I'm giving you these is because there a great read and worth your time:

<https://bebrainfit.com/improve-concentration-focus/>

<https://www.sciencedaily.com/releases/2011/12/111205081731.htm>

<http://www.medicalnewstoday.com/articles/258383.php>

http://www.nytimes.com/2012/08/12/jobs/how-music-can-improve-worker-productivity-workstation.html?_r=0