



# SOUND ADVICE: MUSIC'S EFFECT ON LIFE, HEALTH, AND HAPPINESS

RICK NOTTER

An informative look at how music can have profound effects on all of us. It is enlightening, practical, and inspirational—an essential guide to living a happier, healthier, and more productive life.

Could your iPod hold the key to losing weight, improving your mood, even changing your life? The answer is a resounding yes and the proof is contained in the new book, *Sound Advice: Music's Effect on Life, Health and Happiness*.

*Sound Advice* provides an informative look at how music can have profound effects on all of us. Author Rick Notter gives techniques and strategies on ways to use music you love to your advantage in your everyday life. This advice is based on years of research from scientists, physicians, and philosophers as recent as today's news and as far back as 500 B.C.

Research has proven that the human brain is wired for sound—particularly music. As a result, music has the power to greatly influence both our minds and our bodies. Music can provide the fuel for a workout, a relaxing rhythm to relieve stress, and enhance our ability to retain and recall information. In addition,

Notter gives the reader examples of how music has helped people overcome cancer, lose weight, and recover from strokes.

Each chapter provides advice on how the reader can use music at key moments in their day to help live a more fulfilling and positive life. The chapters also recommend music selections that fit well with the suggestions.

*Sound Advice* is much more, however, than a list of songs to add to your collection. Notter, a cancer survivor, gives very personal examples of how he and others have used music to improve their lives. He also writes about courage, morality, ethics...and re-evaluating one's life and finding happiness. *Sound Advice* is enlightening, practical, and inspirational—an essential guide to living a happier, healthier, and more productive life.

## AUTHOR BIO

Rick Notter has over three decades of experience as a writer, public speaker and television personality. Rick has won awards on his writing and reporting from: The Associated Press, The Society of Professional Journalists, The Radio and Television News Directors Association, The College Sports Publishers Association, The Indiana Psychological Association and The Indiana Dietetic Association. He has received numerous honors for his achievements in sales and business as well. As an entrepreneur, he started three successful businesses and sold all at a significant profit. As a professional speaker, Rick has presented to groups ranging from several people to several thousand on a variety of topics including motivation, technology, sales, the art of the interview, and effective listening. His talks are upbeat, energetic and inspiring. He gives his audience techniques and strategies they can use to their advantage in the workplace and at home.

Rick is an avid student of music, psychology, business, sales, motivation and technology. *Sound Advice* is the result of years of research on music and the effects it has on humans.

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**Sound Advice: Music's Effect on Life, Health, and Happiness**  
**Rick Notter**

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