

**The Tao Of Music: Sound Psychology - Using Music To
Change Your Life By John M. Ortiz**

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The "Tao" part is about accepting what you're feeling, and dealing with it, by using Dr. Ortiz's methods. Sound Psychology – Using Music to Change Your Life.

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Psychologist John Ortiz notes in his book "The Tao of Music: Sound Psychology: Using Music to Change Your Life," that listening to music can help you maintain

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International Journal of Clinical Neuropsychology, 10, 158-164. Google Scholar. Blacking . The Tao of Music: Using Music to Change Your Life. Dublin: Colour

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