# Contents

1 Introduction ................................................ 1

2 Stress and Music ............................................ 9

3 Music in Social Cohesion ................................. 17

4 Music in Religion ............................................ 29

5 Music for Body and Soul: Physiological Effects of Listening to Music . . 33

6 Music in Treatment ........................................... 49

7 What Happens in the Body During Singing? ................ 63

8 Singing Together ............................................. 79

9 Growing up with Music ..................................... 87

10 The Musician’s Health: To Earn One’s Living from Music ........ 95

11 Final Thoughts ............................................. 103
Psychological Health Effects of Musical Experiences
Theories, Studies and Reflections in Music Health Science
Theorell, T.
2014, V, 106 p. 17 illus., Softcover
ISBN: 978-94-017-8919-6