

B Sharp! Your personal music journey to expand the mind, enhance the brain and age well. Phil Maffetone

Reviewer: Phillip Ebrall

Book: Maffetone P. B sharp. For release early July. To be on the mailing list for this exclusive book [go here](#) and leave your email address.

Indexing Terms: Chiropractic; music therapy; book review; B sharp

B sharp! BOOKREVIEW

Your personal music journey
to *expand* the mind
enhance the brain
and age well



Why this Book is Unique

If happy little bluebirds can fly beyond the rainbow, why, oh why, do we need music to take us there? The mind loves it. And science now knows how music can heal us. Do we dare to dream about these boundless benefits for a better brain-body? Can simple methods encourage it? Yes, that's what this book is about.

Music listening quickly expands the mind. The benefits increase when music is further personalised with toe tapping, singing along, seeing it performed, and even more by dancing, writing or playing it. The process goes beyond pulling our heartstrings, feeling forever young, and getting more love from life. Music can improve personality, protect and repair the brain, and widen our horizons to inspire more personal human potential. That's just the beginning.

It began with our earliest ancestors. We're all born to listen, sing, create and move to music. As babies, it facilitates communication and bonding with our mothers, synchronising the brain to regulate intellect, behaviour and body movements of those around us. Music contributes to maturation through awareness of empathy, compassion, cooperation and trust, facilitating a powerful social influence connecting all humans as a single family.

... we all have the power to expand the mind, write the score and uncover more of ourselves, and improve health with music ...'



Humanity's story is music

It's probably in your head right now, with us consciously and subconsciously even when we sleep. The melodies, harmonies, rhythms, the magic of music's veracity potentially can stop us to listen, share and live in the moment.

This book is Phil's story, woven within yours as a stream of newborn music heard again, then again, one more time. Essential to survival, like sex and food, it's inseparable, nourishing, and a natural driving human force. Shakespeare wrote *'If music be the food of love, play on.'*

But has music gone astray? If so, it could impair us personally, as a population and a planet. Changes in human music appear to parallel increasing global rates of brain injuries that can cloud communication and cognition. When this occurs in songbirds, scientists show, it signals extinction.

Just like art and science, and brain and body, the mind and music are one. From the beginning it guided us to superspecies stardom. Now, the expressive power of song can help rescue us and our planet.

In his recent book, *The Creative Act: A Way of Being*, music producer Rick Rubin states, *'Your entire life is a form of self-expression. You exist as a creative being in a creative universe. A singular work of art.'*

Can we build a better brain, really? Create a new you? Most definitely, for everyone of all ages, musician or not. Various time-tested clinical methods featured herein help us rapidly and continuously expand the mind by reorganising - rewiring - the brain through a natural process called neuroplasticity. All our physical and mental experiences enable plasticity, especially learning and enlisting memories. Music may be the most powerful way to accomplish this throughout our lifespan, not just to keep our mind sharp but to develop and expand it further.

Music can quickly boost alpha and theta brainwaves, inducing a state much like deep meditation. It also can promote optimal aging, protect and repair the brain, produce new brain cells and maximise brain-body health. Moreover, music can powerfully manage the effects of our daily physical, biochemical and mental-emotional stress through the brain's natural neurohormonal HPA axis.

Many know of Dr Maffetone as a clinician who, for decades in health, sports, nutrition and biofeedback developed many self-care methods, published research, and wrote books. Singer-songwriter James Taylor said, *'Dr. Maffetone's system goes beyond dealing with symptoms; he looks at health and fitness as an integrated balance. He deals with the whole picture clearly and directly.'*

At the peak of this wonderful clinical career he woke one day with the overwhelming yearning to write songs. The passion to exclusively pursue this personal creative artistic endeavour as a songwriter became a journey beyond musical mind expansion. It saved his life.

Music can enhance or save your life too. Thanks to a rich musical past, passed down by the earliest humans, we all have the power to expand the mind, write the score and uncover more of ourselves, and improve health with music.

Whether you're a novice musician, retain bad memories of music lessons, dream to play and improve, or are wildly successful and still want more, everyone can go where no human brain has gone before.

There is no better time to expand the mind than now. Being healthier humans on a peace-loving planet is a reality when we dare to dream the dreams that come true.

Notes from Phil Maffetone

My name is on the list for first access to this promising book, due for release early July. Readers will be familiar with papers by Phil in this pages. These include:

- ▶ A review of manual methods of traditional biofeedback for improving brain and body health and fitness, at <http://apcj.net/Papers-Issue-3-4/#MaffetoneBiofeedback>
- ▶ Music, Brain, and Body: A clinical and scientific overview, at <http://apcj.net/Papers-Issue-3-2/#MaffetoneMusic>

Other books by Maffetone include:

- ▶ The Big Book of Endurance Training and Racing Paperback, [here](#)
- ▶ The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness Hardcover, [here](#)

You can explore Phil's music [here](#).

Personally, I am looking forward to his new book, '*B sharp*' as reviewed here. Having lived with music from my earliest days of childhood, I understand its power and will enjoy learning more about how to enhance my health and performance with the recommendations to be given by Phil.

Phillip Ebrall

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Cite: Ebrall P. B Sharp! Your personal music journey to expand the mind, enhance the brain and age well. Phil Maffetone [Book Review].

Asia-Pac Chiropr J. 2023;4.1. URL <https://www.apcj.net/papers-issue-4-1/#BookReviewMaffetone>

