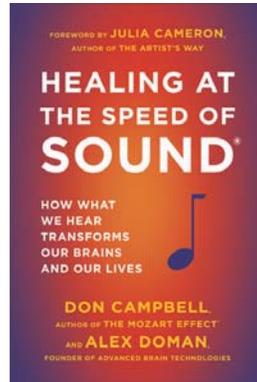




~How Sound Can Improve our Lives~

AS FEATURED ON NPR, MARKETPLACE, WNYC, *NEW YORK JOURNAL OF BOOKS*, SALON, CBS NEWS, & *MEN'S HEALTH*



Now in paperback!

# HEALING AT THE SPEED OF SOUND

How What We Hear Transforms Our Brains and Our Lives  
From Music to Silence and Everything in Between

By

Don Campbell, author of *THE MOZART EFFECT*  
& Alex Doman

“Sound is everywhere – it is as much a part of our lives as the air we breathe and the food we eat. But until now we haven’t properly considered the health values of sound. We may choose organic food at the super market and avoid inhaling others’ cigarette smoke, yet we rarely pay attention to the equally positive or negative health impacts of sound, the other thing we put in our bodies.”  
—Excerpted from *Healing at the Speed of Sound*

From your morning commute, to your workout mix, to the last sounds you hear when falling asleep, sound can vastly impact your brain and overall health, in some cases as negatively as taking-in junk food or air pollution. Noise is described as the most pervasive pollutant in America, and presents a significant threat to human health. Not only can it affect your hearing, but at certain levels it can increase blood pressure, change the way your heart beats, increase your breathing rate, disturb your digestion, contribute to the development of ulcers, and speed of the appearance of signs of aging, plus much more.

Sound's great advantage lies in its absolute pervasiveness – it's free availability for use in improving and enhancing all of our lives. To do this, the authors will take you through a typical day, demonstrating ways to put sound and silence to work enhancing your waking routine, morning commute, work experience, family time, social activities, and sleep.

Along the way, *Healing at the Speed of Sound* [PLUME; November 2012; ISBN; 978-0-452-29855-2] will discuss what types of music can:

- \*Improve your performance in exercise and physical activity.**
- \*Decrease stress, improve productivity, and create a collegial environment at the workplace.**
- \*How sound-related therapies and practices can improve your child's social, physical, and academic functioning.**
- \*Reduce stress, speed up recovery times, and enhance many different forms of physical therapies.**
- \*Can improve the lives of the elderly, including those with Alzheimer's disease and other forms of dementia.**

This process of combining meaningful sounds in novel ways, and consciously bringing to them different aspects of your complex and psychological being, is bound to open your perception in ways that were hardly imaginable before. You will soon be able to enhance the quality of your life, your health, and your relationships in countless delightful ways.

#### **ABOUT THE AUTHORS**

**DON CAMPBELL** was a recognized authority on the transformative power of music who sadly passed away in 2012. He wrote over twenty books, which have been translated into as many languages.

**ALEX DOMAN** is the founder and CEO of Advanced Brain Technologies, which creates innovative sound brain fitness solutions that are used by consumers, schools, therapy clinics, health-care facilities, companies, and the military.

### **HEALING AT THE SPEED OF SOUND**

**DON CAMPBELL • ALEX DOMAN**

**PLUME • On-sale NOVEMBER 2012 • \$16.00 • ISBN: 978-0452298552**

FOR MORE INFORMATION ON HEALING AT THE SPEED OF SOUND, PLEASE  
VISIT

<http://www.healingatthespeedofsound.com/>

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