

The **Mozart** Effect



**Harnessing the Power
of Baroque**

Statement of Rights: Please See the Included License Document

Contents

| | |
|--|----|
| Legal Disclaimers & Notices | 2 |
| Contents | 3 |
| Who Was Mozart?..... | 4 |
| Inside The Mozart Effect | 5 |
| Sound Bites - How Sounds Influence People | 9 |
| How to Harness the Power of Mozart | 13 |
| Mozart Effect Studies | 17 |
| What The Skeptics Say | 20 |
| Is It Really Just Hype – The Science Behind It All | 21 |
| In Conclusion..... | 24 |

Who Was Mozart?

Wolfgang Amadeus Mozart was born on January 27, 1756 in Salzburg, Austria, and died a premature death on December 5, 1791 as a 35-year old. His musical brilliance was seen very early in his life when, as a four or five year old he wrote his first composition Andante in C.

During his short lifespan Mozart managed to compose 600 composition works. Many believe his music to have been the pinnacle of concertante, symphonic, chamber, operatic, choral and piano music.

Love him or hate him, but Mozart has left a legacy that is still appreciated by music lovers and students of music to-date. There is no doubt, even among his critics that Mozart composed his best work shortly before his untimely death. The Requiem is one of these pieces.

Joseph Haydn, another classical composer well known and appreciated for his musical talents wrote about Mozart: "*posterity will not see such a talent again in 100 years.*"

What is interesting to note is that Mozart showed manic depressive tendencies throughout his adult years. Perhaps it is this close encounter with madness that enabled his extraordinary talents? Fact is, he was talented beyond his age and time.

Inside The Mozart Effect

The Mozart Effect came about thanks to Dr. Alfred Tomatis' research. He analyzed the effects of Mozart's music on children who suffer from communication and speech disorders.

Thanks to Dr. Tomatis' findings the term Mozart Effect was coined; in its basic description it signifies the transformational power of music in education, well-being and health.

Since the Mozart Effect became known as a special method to deal with cognitive education for small children and those who suffer from disorders such as dyslexia, autism, ADD, mental disorders, listening disorders, injuries and physical disorders much has been said and written about the term.

To-date the academic world is torn between results of the research that has gone into the Mozart Effect since its inception. While some researchers found it to be based on truth, others dismissed it as hearsay after doing extensive testing themselves. You'll learn more about either side of the argument within the scope of this eBook to help you understand both sides.

Mozart's distinctive Baroque music is used to soothe the mind, induce sleep and relaxation, reduce depression, anxiety and stress, improve awareness and memory and awaken the body.

The history of The Mozart Effect?

Research into the music of Wolfgang Amadeus Mozart first took place during the late 1950s. Dr. Tomatis had the idea to experiment with auditory stimulation in order to help children with communication and speech problems.

What started out as a simple experiment soon became so successful that by 1990 hundreds of centers had been established. All of them aim to help children with Mozart's Baroque music.