

MUSIC FOR BETTER HEALTH AND WELL-BEING

Suggested selections from
"The Healing Energies of Music"
by H.A. Lingerman

Music to Energize the Physical Body

- o Sousa - Starts and Stripes Forever
- o Elgar - Pomp and Circumstance, No. 1
- o Rossini - William Tell
- o Epic Soundtracks (e.g., Empire Strikes Back, Star Wars)

Strong Music to Air out Anger

- o Tchaikovsky - Symphony No. 5 (last movement)
- o Wagner - Ride of the Valkyries
- o Poulenc - Concerto for Organ, Timpani and Strings
- o Ginastera - Estancia

Music for Depression and Fear

- o Dvorak - Slavonic Dances
- o Handel - Water Music
- o Grofe - Grand Canyon Suite
- o Handel - Choruses from Messiah

Music for Meditation and Prayer

- o John Michael Talbot - Come to the Quiet
- o J.S. Bach - Toccata and Fugue (orchestral version)
- o Humperdinck - Children's Prayer (from Hansel & Gretel)
- o Paul Horn - Inside the Taj Mahal

Music for Strength and Courage

- o Battle Hymn of the Republic
- o Copeland - A Lincoln Portrait
- o R. Strauss - Sunrise (from Also Sprach Zarathustra)
- o Beethoven - Piano Concerto No. 5 (Emperor)

Music to Relieve Boredom

- o Liszt - Hungarian Rhapsodies
- o Respighi - Pines of Rome
- o Rimsky-Korsakov - Scheherazade
- o F.J. Haydn - Trumpet Concerto

Music for Clear Thinking

- o Handel - Water Music
- o Psalms of David (sung by Kings College Choir)
- o Tibetan Bells
- o J.S. Brandenburg Concertos

Music for Love and Devotion

- o Soundtrack - Somewhere in Time
- o J.S. Bach - Jesu Joy of Man's Desiring
- o Rachmaninoff - Love Theme
- o Pavarotti - O Sole Mio

SUGGESTED READING

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- Wigram, Tony, et.al** (1995). The art & science of music therapy: A handbook. The Netherlands: Harwood Academic Publishers.

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