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Sonic Recovery

Harness the Power of Music to Stay Sober

Independently Published **Either you or someone you love or treat professionally is currently struggling to break free from an addiction of some sort. Whether it's drugs, alcohol, money, sex, gambling, food, or technology, our modern society is a breeding ground for addiction. In Sonic Recovery: Harness the Power of Music to Stay Sober, board certified music therapist Tim Ringgold shares the science of what shamans have known for millennia: music is a powerful, efficient, and effective tool for healing. Combining music, neuroscience, and music therapy research with positive and social psychology, Tim has synthesized his evidence-based practice of using music to help thousands of clients for more than a decade into a compelling, easy to read book. By sharing not only his clinical experience, but his own recovery journey, Tim paints a compassionate and hopeful approach to addiction and recovery that includes both work AND play. There are many effective tools of recovery, but in Sonic Recovery, you will learn why music is not only effective but efficient at helping a person stay S.O.B.E.R., which stands for Stay present, Open up, Be creative, Escape Stressors, and Reconnect. You will learn how you are wired to experience and make music. Tim dispels the myths in our culture surrounding music and talent, and makes engaging with music seem completely approachable for ANYONE. In Sonic Recovery, you'll learn why music is a vital tool for anyone looking to break the chains of addiction, and you'll feel empowered to engage in the four pathways of music on a daily basis. Make it, listen to it, write it, and/or relax to it, but understand that music is powerful and, when not used consciously, can lead to relapse as easy as recovery. You'll learn how to utilize this old friend safely in such a way that you'll want to make it a cornerstone of your recovery journey!**

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