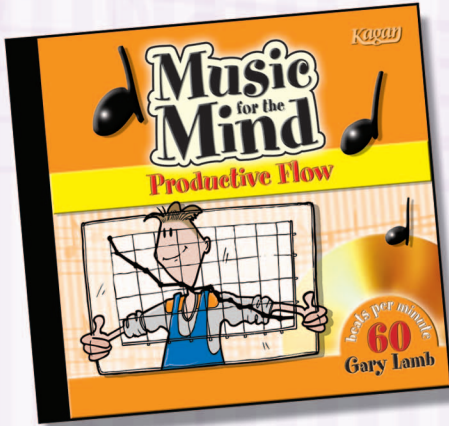


Music for the Mind

Music For The Mind™ CDs

Gary Lamb (All Grades)

Compelling brain research concludes music has the power to reduce stress, enhance cognitive functioning, and improve productivity and creativity. The human brain is an amazing instrument that can be tuned to perform optimally with the right kind of music. **Music for the Mind™** is a collection of beautifully-orchestrated compositions that resonates with listeners of all levels, enhancing mental performance. All 6 CD Set CGM • \$69 Save \$21!



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- Completing Tasks
- Enhancing Productivity
- Reaching Goals
- Increasing Output
- Achieving Results

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- Cooperative Projects
- Boosting Enthusiasm
- Drawing and Painting
- Increasing Creativity

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Relaxed Alertness

- Improving Memory
- Increasing Focus
- Boosting Awareness
- Studying Smarter
- Test-taking

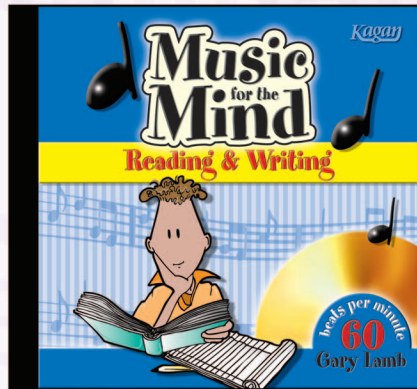
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- Mathematics
- Science Labs
- Logical Thinking
- Computer Work and Labs
- Organizing

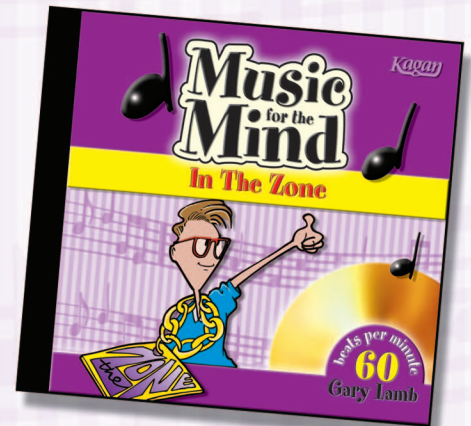
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- Creative Writing
- Silent Reading
- Journaling
- Poetry

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In The Zone

- Peak Performance
- Enhancing Motivation
- Prolonging Concentration
- Artistic Expression
- Creativity

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60 Beats Per Minute™

Most **Music for the Mind™** and **Gary Lamb Signature Series™** compositions are based on a tempo of approximately 60 beats per minute, the same tempo as a resting heart rate. This tempo centers and calms us, promoting focused thinking, relaxed alertness, the flow state, and learning.

