



*Prescriptive Playlists to
Reclaim Peace, Joy and Purpose in Life.*

**TOP 10 Tips
to "Thrive through Adversity"**

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A Companion to the Key2MEE Music APP for Mood Mastery

1. Pay attention to what music you listen to most often and observe the way you respond through your behavior, emotions, and physiology.
2. Are your music listening habits providing temporary relief, or do you purposefully create music solutions to manage your moods? Watch the TEDxUNLV Talk "Music Powers Potential" with Judith Pinkerton, LPMT, MT-BC, for more information.
3. If you experience significant anxiety, anger, depression, or sadness, or escape into desired peace or happiness continually, you may be stuck in a "Chronic Comfort Zone." Find out your emotional shape and how it relates to music listening habits that may contribute to trapped mood states. Take the self-assessment QUIZ at theMusic4Life.com which will transfer to the Key2MEE.com Music APP.
4. For effective, long-term mood management, follow the DIY Music4Life® [M4L] Music Medicine medical protocol by enrolling in eCourses at MusicMedicineAcademy.com.
5. What does your music diet say about your health story? Understand how your music diet affects your health. Become more aware of how your mindset and emotional balance may relate to your life conditions by enrolling in "Is Your Music Toxic?" eCourse.
6. Pay attention to your description of how music affects you. Subscribe to MusicMedicineClub.com to learn from experts how to analyze music choices.
7. The healthiest music diet includes three healing playlists which focus on moods called U.S.E. – the acronym for U-Unsettled, S-Soothed, and E-Energized mood categories. Enroll in the Music Medicine Boot Camp eCourse and learn how to flood these three specialized healing playlists with M4L Music Medicine recommendations from all genres, cross-training to new music.
8. Manage your music environment with private sound space - headphones. What stops pain for you may create pain for someone else.
9. Build music mojo U.S.E.ing M4L Music Medicine, a key to trauma resolution, creating a superpower of resiliency with heart and mind in sync to navigate through tough times.
10. Share Music4Life® to reaffirm what you learn, supporting yourself first, then family, friends - and even teams - to thrive through adversity by reclaiming joy, peace and purpose in life.