

Music can be found anywhere in the world: In your phone, in other countries, in stores, restaurants, etc. There are also many different categories: Rock, pop, classical, etc. There may be different categories or many places where you can find music, but they all lead up to one thing: The songs were made from the human heart to give music to the listeners. The audience can use these songs to help them with everyday lives and the song itself impacts the heart of the person to be better.

Music can help you focus on anything in life. “Studies show that listening to music while studying relieves stress, improves concentration and memory, and may even motivate the student to study longer.” – Music: The Most Effective Way to Improve Grades. When listening to music the brain will think, “Oh! This isn’t so boring anymore. Let’s keep on doing it.” And in a positive state the brain will memorize better and your eyes will always concentrate and would not want to stop.

Music helps you with mental things. Whenever I get home from school or back from finishing my homework, my brain feels like it’s about to explode; I relieve it by practicing my cello. The music calms me and destresses me. When I’m done I am ready to do the next thing. Your brain and heart would always copy the music you are listening to. When the music is sad, you are sad; if the music is happy, you also feel happy; when the music is energetic, then you could be dancing or doing whatever you’re doing faster and with more energy. Music can also help with the 20<sup>th</sup> century problem: depression. Many studies show that music is like a therapist to people who are depressed. They make them feel better and have their anxiety levels go down.

Music is like a worldwide language. Yes, there are many different categories and places but everybody knows about or listens to music. Music is a wonderful and inspiring thing. And if a World War III would happen, then I believe that music would be the key to stop it.