

Isabelle Peretz  
**Soigner**  
avec  
**la musique**  
Nouvelles des neurosciences



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## Healing with Music

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Author: Isabelle Peretz  
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Recent neurobiological research is clear: music acts on our brain like a real pill with no side effects.

Drawing on more than thirty years of scientific research, Isabelle Peretz, a world-renowned neuroscience researcher and pioneer of the "musical brain," reveals how sounds and emotions transform the brain and affect our bodies. From Alzheimer's to Parkinson's, from aphasia to autism, she demonstrates the spectacular effects of music on memory, speech, movement, and more broadly, on our overall well-being. A book that invites us to hear music differently: as a therapeutic resource available to everyone.

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