

Activity

The Classical Music Effect

★★★★★ (2)

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It's been said that listening to music is good for the soul, and now new research shows that it's good for the brain, too. The next time you find yourself in need of a little extra brain power, see if listening to a favorite classical piece may help.

Photo: Alvis Upitis/Getty Images

Benefits to Brain Health

A recent study showed that listening to 20 minutes of classical music modulates genes responsible for brain functioning.

Ways to Work on This:

2X Weekly

Listen to the Music:

- The next time you're struggling to solve a puzzle or problem, turn on some classical music.
- While listening, clear your head and focus on the music.
- When the music ends, return to your task and tackle it again.

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