

Can Music Save Your Soul?



- ◆ *Words make you think a thought. Music makes you feel a feeling.* E.Y. Harburg-lyricist
- ◆ *If there is a spirit, music is the thing that wakes it up...and how we communicate on a different level.* Bono-musician

What songs do you listen to when you are feeling down?

What songs help to energize and motivate you?



It's OK to drown your sorrows in music, just be careful that the music you listen to doesn't drag you down even farther. Listen to the music, get your feelings out-- then turn off the sad songs and turn on th music that makes you feel good!