

Are Brean og Geir Olve Skeie

## MUSIKK og HJERNEN



Om musikkens magiske kraft  
og fantastiske virkning på hjernen

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## *Music and the brain*

Musicality is a unique human trait that helps us express feelings without words. Music has the outstanding ability to change our brains and train it to a high level.

This book explains what the brain does with music and what music does to the brain, and how music's brain-changing properties can be used in a health context. The power of music affects and changes us all.

## Are Brean and Geir Olve Skeie

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Are Brean is editor-in-chief of the Journal of the Norwegian Medical Association and associate professor at the Norwegian Academy of Music. He has a PhD in neurology and has worked as a consultant at Oslo University Hospital, Rikshospitalet and Vestfold Hospital Trust.



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