

Music Psychology At Gladstone's Library

"Making music appears to be one of the fundamental activities of mankind;" – Antony Storr, Music and the Mind.

Music, -as I have discovered- can alter nearly everyone and the way they see the world.

Throughout my time in the library I have compiled a list of my top books studying music and its effect on the mind. Most of this collection can be found in the **V50-81** section of the **Annex**.

Some of the authors discuss and analyse music and how it has affected the world as a whole, others study how music can be used to alter the human perception of the world and some detail specific accounts of music altering people's lives and the story behind it.

However, for the sake of narrowing your search here are my personal favourites:

If you plan on studying the profound effects of music on the mind I would certainly recommend:

Anthony Storr - *Music and the Mind* (1992)

D44/267

However, if you would rather study music through history and how people throughout the years have studied how music affects us as people:

Frank Howes - *Man, mind and Music* (1948)

V75/129

If you are searching for another study of music and history, this book is perfect as it goes into brilliant detail on specific eras, the music and how it changed society at that time:

Cyril Scott – *Influence of Music on History and Morals* (1928)

V75/149

This particular book is perfect for people who would rather study the origins of music and the reasons music is such an important part of life:

Percy C. Buck – *The Scope of Music* (1924)
V75/126

According to the blurb: "The aim of this book is to present an outline of the relation of music and the other arts to the way of life". That is exactly what this book does. Brilliantly:

Wilfrid Dunwell – *Music and the European Mind* (1962)
V75/158

This book outlines music through history and how its influence has shaped society as it is today:

Hugo Leichtentritt – *Music, History and Ideas* (1947)
V75/106

"Music is both something heard and something lived, and the two cannot be dissociated."

The first sentence of this book already gives you an idea what will be contained inside. This book is good for an overview into the effect of music in the Western World:

Peter Garvie – *Music and Western Man* (1959)
V75/104

Finally, this book, possibly one of my favourites, tells tales of times music has changed people's lives, for example one case was a man suffering with aphasia. -He was unable to talk- however through the medium of music and musical rehabilitation he was able to communicate with the outside world once again:

Oliver Sacks – *Musicophilia* (2007)
D44/265

This reading list has been produced by Deri Jones Downes as part of the work experience at Gladstone's Library this week, 14th July – 18th July 2014.



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