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Neurostudies of music on the brain seem to suggest that we are functioning to translate and interact emotionally with a piece of music. Indeed, this process begins very early. One study found that children as young as five months of age interact with happy songs, whereas nine months ago they began to recognize and be influenced by sad songs [Source: LiveScience]. Physiological states caused by music only intensify as we grow. Happy music, usually characterized by a fast pace and written in a key key, can cause a person to breathe faster, a physical sign of happiness [Source: Leutwyler]. Similarly, sad music, which tends to be in secondary and very slow switches, causes a slowing pulse and high blood pressure. This seems to indicate that happy music is only useful, but those who know the value of crying good or releasing venting may find that sad or angry music can indirectly bring happiness. Knowing that music has this effect on the body may ultimately affect treatment and care for a wealth of patients. For example, music is found to boost the immune system of postoperative patients, reduce stress in pregnant women and lower blood pressure and heart rate in heart patients, thereby reducing complications from heart surgery [sources: Lloyd, Ellie Blackwell]. Researchers at Cal State University found that children at the hospital were happier during music therapy, where they could experience maracas and bells while the leader was playing guitar, rather than during the playing therapy, when their options were playing and puzzles [Source: Hendon and Poohon]. Music therapy has also been shown to be more effective than other types of treatments in patients with depression, and has been shown to have lower levels of anxiety and loneliness in the elderly [Sources: Parker Pope, Berger]. You don't have to be sick, though, to take advantage of the low stress and increase happiness that music can bring. Live music may be the strongest trigger for happiness as it provides a way to forge social bonds. When you get into a room with people who love the same thing you do, you may create more friendships, a proven factor in the search for happiness. However, it should be noted that too much music can be too much a good thing. Since music launches reward systems in our brains like drugs to do, music can also become an addiction that becomes impossible to feed. Having music around us constantly - from supermarkets to elevators to our headphones - can numb us to their effects. Unplugging your iPod every now and then may only help with the sound of your favorite song later. HowStuffWorks related articles children know happy from sad songs. LiveScience. October 9, 2008. (May 18, 2009) Alisha. Fountain of Youth, in the music category. The New York Times. June 15, 1999. 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March 17, 2005. Ah, Valentine's Day, one annual holiday where only couples need to apply. It's one thing to keep your Valentine's Day happy in the short term. Expensive ornaments and dinnerwill do it. But in the long run, more original techniques are needed. Having taken on a vow, everyone wants a long, loving and happy marriage, but half of all marriages are destined to fail. As a 42-year-old manhattanment male who had been with the same woman for 17 years, married 12 and had a child for 5 I think I have some tricks to keep your girlfriend happy. To whit:[title included step list = time =] [step element number=1, image_url = address =sex.] Put out or exit. Marriage is, among other things, a convenient way to get put on a regular basis. Or it should be. Granted, the emotion may dim over time, but if it is completely gone then fix the problem. Do it even if you don't want to. And if you don't want to, find out why. A psychiatrist, Viagra, whatever it takes. If you're too busy, place an entry in the calendar. Just tired? Get more sleep. [step element] [Step element number =2, image_url =address=kissing.] Do this early, often and randomly. When you or miss leave for work in the morning, give each other a kiss. I just had a fight about who forgot to make coffee. Kiss anyway. There are no better military lubrication oils than a good smoky, but for the random part, I kiss my wife whenever he sneezes. [step element] [Step element number =3, image_url =address =flowers.] Guys, never listen to me, never buy flowers for birthdays, anniversaries and, most importantly, Valentine's Day. If you expect floral delights and you don't meet, you're screwed. If you remember these occasions with flowers, she's happy, but you're just doing your job. Instead, give on a whim. As a surprise, there is no possibility of disappointment. For the big day, save yourself 60 bucks you'll have to sink on twelve American beauty and fedex have a few pieces of stroehmann's finest with a note telling her it's the greatest thing since sliced bread. You will love your authenticity and financial restraint for women, just buy flowers. Men love them may make up your man's embarrassment but it will be warm and happy from the inside Read: 10 things happy couples talk about [step item] [step item = 4. image_url = title = haircut.] Women: shaving legs and digging and anything else you dare. Keep in mind, if he wanted to hear a gentle swish of armpit hair he had married a woman and wesleyan major studies. He doesn't care what French women do you're not French and we're not in France and men: this weekend's growth you're sporting is forgiving just because you're heading to Home Depot in the performance of your manly duties (fix something). You don't look thin and Latin, you look like a giver. This angers her skin Read: The Secret of a Happy Marriage? [step element] [Step element number = 5. image_url = address = sleep. You sleep under one roof, you always sleep together. No excuses. Women, don't exile your man to the couch or trample off the pout in the spare bedroom. If you have experienced a fight, they occur, either make or absorb it. Lie precariously on the edge of the bed and fumes if you should, but lie down in the same bed. [/step element] [Step element number =6. image_url = title = size.] Don't fool yourself: just matters. Women, he may tell you that extra size means more than you love, but he lies. Guys, my wife says, I'm going to get this wedding ring and I'm going to make you think you're going to have to make that extra 20 pounds to make you loved, but no matter how many sweaters or layers you accumulate, you're still fat. When I asked my wife if she would still love me if she became fat, she replied: Of course, but I will miss you. Read: 10 Steps to A Spiritual Relationship [Step Item] [Step Item No. = 7. image_url = address = children.] You don't have children to have a happy marriage, have a happy marriage, and then have women's children. If the relationship is about a pot, and the kids won't help, it won't bring you any closer and give you a common link if you already have baby problems you will ask for up to eleven. Children are the most frustrating and annoying creatures in existence, but they are also the most wonderful little creatures in the world. Good and strong marriage is done more by the family. Then there's really more love. [step element] [Step-list: Complex] of YourTango.com: 7 Ways to Stay Happy (All Year Round) Long]

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