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Sound Choices for Relaxation (Music to Design Your Environments)

Susan Mazer, Dallas A. Smith

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Sound Choices for Relaxation (Music to Design Your Environments) Susan Mazer, Dallas A. Smith This CD series has been produced to provide music for the intentional design of environments in which we live, work, and heal. Each CD has been programmed to match the activities and moods of the various spaces. In the same way that we as people are dynamic and changeable, so must the sound environment reflect the places in which we find ourselves. Therefore, the music should be used with both flexibility and sensitivity.

In a time when work consumes the greatest part of our daily hours, relaxation is often an illusion, seemingly impossible to do by design. The music provided on this CD was chosen to create the environment as a ritual...to offer moments different than others, time to separate the part of us that works from the part of us that benefits from intellectual, emotional, and physical respite. Whether resting, reading, or involved in personal activities of self-care, the music will provide moments of inspired relaxation to be revisited at will.

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