

# Thinkibility – 29 Day Challenge

## Day 16 - Music

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**Music to Forget the World and Music as a Tool for Growth - Explore your music collection**



Listen to Daniel Barenboim talk about [“How to listen to Music”](#).

Then sit comfortable and give yourself to music. Close your eyes and enjoy!

[Thinking and Music](#) explores how music affects our moods and how we can use this when we are thinking.

