原句1：

From the scientific perspective, lots of the researcher have done many studies in the influence music on human body physically. Surprisedly, just listen to a piece of music can dramatically lead to energy and exercise endurance increasing and even neurogenesis which means it stimulates the growth of your neurons. Those research findings above means that music is not only improving your body strength but also your ability of understanding.

改句：

Scientifically, music has been shown to have a multifaceted impact on human health. Research indicates that listening to music can significantly enhance energy levels, boost exercise endurance, and promote neurogenesis—stimulating the growth of neurons. These findings suggest that music not only strengthens the body but also sharpens cognitive abilities.

原句2：

That's because music is not merely a background of our life. Otherwise, we should treat music as a language, a language can directly communicate between heart and heart, a language of our mood, of our mind, and even our spirit. For instance, The exciting music boosts our emotion exploration, the blue music comforts our broken heart, and the soft music washes the tired mind.

改句：

Music transcends being a mere backdrop to our lives; it functions as a universal language that resonates with our emotions, thoughts, and spirit. It can invigorate our emotional exploration, provide solace to a troubled heart, and soothe a fatigued mind. By connecting with us on a deeper level, music acts as a powerful medium for emotional expression and regulation.

完整文章：

**Music is IMPORTANT to our daily life**

It is quiet a common thing for us to let music surround us in our daily life. As our most loyal companion, music is not just a relaxation of no significant. On the contrary, music is quiet an indispensable part in our daily life.

Scientifically, music has been shown to have a multifaceted impact on human health. Research indicates that listening to music can significantly enhance energy levels, boost exercise endurance, and promote neurogenesis—stimulating the growth of neurons. These findings suggest that music not only strengthens the body but also sharpens cognitive abilities. Limited improvement as the music brings us, it doesn't mean that it's useless to simply pick up your buds and start playing your favorite song.

Maybe the body influence of music is too invisible to treat it as real (through it's quiet real, I read this from TED,XD). But beyond the tiny improvement the music brings you, the music is a more powerful tool in shaping our mood. Have you ever experienced a sleepless night? Whatever the reason you get unable to sleep, I bet that listening to a comforting song with soft guitar and gently voice can improved your sleepiness.

Music transcends being a mere backdrop to our lives; it functions as a universal language that resonates with our emotions, thoughts, and spirit. It can invigorate our emotional exploration, provide solace to a troubled heart, and soothe a fatigued mind. By connecting with us on a deeper level, music acts as a powerful medium for emotional expression and regulation. As a language of emotion, music sometimes lifts us up from down in spirits, sometimes calms us down from anxiety, or just simply saves us from getting boring. It influences our emotion, liberates us from self doubt, offers us impetus and pushes us towards further self-improvement.

Being beneficial both physically and mentally, music brings us a sense of beauty, turning our daily life into an epic adventure filled with all the emotions. The shortest answer is action. Just pick your buds up, and enjoy the benefits music brings you.

Comment from Lydia:

First off, I want to commend you on your writing! You have a wonderful ability to convey the importance of music in our lives, drawing on both scientific research and personal experiences. Your passion for the subject truly shines through, and it's clear that you understand music's multifaceted benefits.

In terms of strengths, you effectively connect emotional and scientific aspects, which makes your argument compelling. The use of research to support your claims about music’s impact on physical health is particularly strong. Additionally, your personal anecdotes, like the one about using music to help with sleep, make your piece relatable and engaging.

However, there are a few areas where you could enhance your writing further:

1. Adequacy and Strength of Support: While you reference research showing the benefits of music, including specific studies or statistics could strengthen your argument. For example, citing a particular study that quantifies the effects of music on exercise endurance would add credibility.

2. Coherence: Your ideas are generally clear, but there are a few transitions that could flow more smoothly. For instance, when moving from the scientific aspects to personal experiences, you might want to use a transition sentence that explicitly ties the two together, reinforcing the connection between the research and everyday life.

3. Language Use: Your language is expressive, which is fantastic! However, there are a few instances of awkward phrasing, like "the shortest answer is action." Consider rephrasing it to something like, "The simplest way to experience these benefits is to take action." Also, watch for small typos or grammatical errors (e.g., "quiet" should be "quite").

With a bit of refinement in coherence, clarity, and support, your already strong piece can become even more impactful. Keep up the great work, and continue honing your craft!