



MUSIC AND OUR BRAINS

Memory

Since music has such a large emotional impact on us, it naturally has strong connection with our memory. As emotional states and memory go hand-in-hand

- Certain songs or even specific tunes can bring back vivid memories of past events, experiences, and feelings— both good and bad
- This is why we often associate songs with specific moments in our lives

Are there any times you heard a song randomly and it brought you back to a past experience?

