I have chosen the article “5 positive effects music has on your mental health” by MARCS Institute for Brain, Behavior, and Development because I found this article very interesting and useful for people and in particular for me. Moreover, I agree with the suggested ideas and have my own experience that confirms this.

I have chosen the research article “Receptive music therapy to reduce stress and improve wellbeing in Italian clinical staff involved in COVID-19 pandemic: A preliminary study” by Filippo Giordano, Elide Scarlatab, Mariagrazia Baronic, Eleonora Gentile, Filomena Puntilloe, Nicola Brienzaf, and Loreto Gesualdo because this topic, in my opinion, has great potential. Moreover, the stated problem is very relevant and prompt.