While I agree with some of the author's points to an extent, I feel that they could have been clearer and more varied.

This article contains interesting points and facts, but I think that some of the writer’s propositions are disputable. The author claims that only classical and ambient music can provide a positive effect, but says nothing good about hard-metal and rock. Moreover, the writer points out that rock and hard-metal music usually give a negative influence. I disagree with the author here. For example, in the article “The 8 surprising ways rock music is good for your health”, David says that rock music has a lot of positive effects on people, such as brain-boosting, musical painkiller, and so on. Also, I found the points “reduce stress” and “help relaxation” rather similar. These examples made me think of the difference between such expressions but did not found it in my life experience. If the author wanted to show this difference, he should do it clearer.

However, another part of the argument about classical and ambient music is very clear, and I agree with it to an extent. The author fully and well describes the role of classical music for people. The most interesting for me is the “improve focus” effect. Researchers describe this effect in more detail in the article “Studying for finals? Let classical music help”. I have tried to listen to classical music during my homework and can say that it works. However, I found a point about reducing depression questionable. I do believe that music can help cope with depression, but in practice, it is very hard to distinguish depression and bad mood without a specialist. I am sure that to cope with depression people need more than just good music. For example, I have met a couple of people with depression, and they are treated for this disease for a long time with the help of doctors. In this way, mentioning depression in this article is not correct.

References

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