

# Music **news** & **notes**

## Enhancing The Holidays With Music For The Soul

(NAPSA)—Music can do more than make life merry during the holiday season.

A gift of music may help someone you love to relax and feel better, mentally, spiritually and physically.

A gift of music can go far to help someone recuperate from the stress associated with preparing for the holidays.

Finding the right musical gift has become easier. Some of today's most "soulful" sounds may be music created by a team with a track record of knowing what's good for the soul.

*The Chicken Soup for the Soul Wellness Series* was created by the team behind the best-selling *Chicken Soup for the Soul* books, videos and games. More than 75 million books have been sold to date.

The series is composed of 12 music CDs, which include such titles as *Tranquility*, *Passion*, *Yoga*, *Romance* and *Healing*. The CDs feature compositions and an inspirational message from



**Music is a gift that can inspire people and help them feel better, mentally, spiritually and physically.**

*Chicken Soup for the Soul* co-creator Mark Victor Hansen.

The original compositions are based on the healing power of music and have been specifically created to aid relaxation and promote feelings of well-being.

The CDs are priced at \$9.98 each, making them a much-appreciated stocking stuffer.