

FOR IMMEDIATE RELEASE

BOOK SUMMARY

Music for the Heart is a science-backed guide that teaches everyday people how to use music intentionally to support heart health, regulate stress, improve sleep, strengthen emotional well-being, and create healthier breathing patterns. Drawing from 25 years as a board-certified music therapist and researcher, Dr. Daniel Tague distills complex research into 10 practical, simple tools that anyone can use immediately.

Created for individuals, caregivers, clinicians, educators, and wellness professionals, this book includes downloadable worksheets, guided tools, playlists suggestions, and easy-to-follow steps rooted in both music therapy and medical science.

WHY THIS BOOK MATTERS

Heart disease remains the #1 cause of death globally. Post-pandemic, both cardiovascular issues and chronic stress levels have surged.

Yet few resources explain how to use music intentionally as a daily health tool.

This book fills that gap.

Using music-based strategies supported by neuroscience, cardiology, psychology, and decades of clinical practice, Music for the Heart offers accessible methods for:

- regulating heart rate
- improving breathing
- lowering stress hormones
- improving sleep quality
- grounding emotions
- motivating healthy behaviors
- strengthening resilience

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ABOUT THE AUTHOR

Daniel B. Tague, PhD, MT-BC is a board-certified music therapist, researcher, professor, and clinician with over 25 years of experience in hospital, education, and community health settings. His work has appeared in academic journals, national research initiatives, professional training programs, and wellness curriculums. He is widely recognized for communicating complex music therapy research in clear, practical language.

BOOK FORMATS

- 📖 **Paperback**
- 📱 **Kindle Edition**
- 📚 **Kindle Unlimited**

