



## Different Drummer: One Man s Music and Its Impact on Add, Anxiety and Autism (Paperback)

By Jeff Strong

Strong Institute, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Percussionist and researcher Jeff Strong embarks on a three-decade journey into the power of musical rhythm. Different Drummer chronicles his path as he navigates ancient drumming practices, conducts clinical research, and develops the music that establishes him as a pioneer in the world of auditory brain stimulation. Beginning with his own struggles with ADHD, Jeff abandons a successful music career and doggedly searches for ways to use musical rhythm to positively impact brain function and behavior. Jeff meticulously documents the development of his therapy and it s supporting technology as he drums for people with a variety of neurological challenges including: - Aggressive behavior - Anxiety - Attention/focus/hyperactivity - Behavioral issues - Cognitive issues - Language/communication - Mood issues - Self-stimulatory behaviors - Sensory processing - Sleep - Social interaction - Tic behavior Jeff s inquisitive mind and careful research reveal how fast, complex drumming can offer long-term benefits for children and adults with neurological disorders. If you have ever wondered why the drum holds a prominent role in cultures around the world or why music can influence the brain and behavior, this...



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