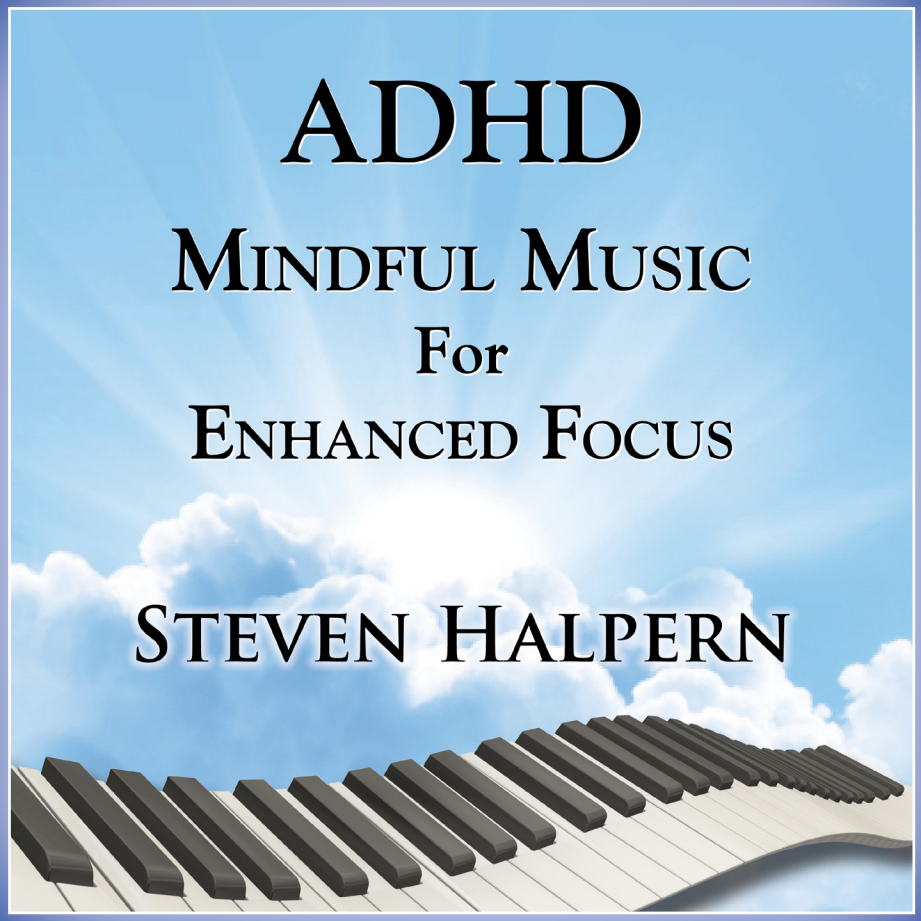

ADHD
Mindful Music
For
Enhanced Focus
Steven Halpern

STEVEN HALPERN is the Grammy® nominated and multi-platinum selling recording artist, composer and researcher whose music reduces stress and supports the body's innate healing energies.

Classroom teachers, parents and students report significant improvement in attitude, concentration and focus when using his music.

Steven's mindfully composed music has been used successfully for decades by leading educational trainers like Kim Bevill, Dr. Jessie Landsberg, Dr. Charles Schmid and Dr. Ivan Barzakov.

Steven Halpern has presented keynotes and workshops at leading conferences on Learning and the Brain since 1980.

Steven's music has been featured on *48 Hours* (CBS), *20/20* (ABC), BBC, *Oprah* and covered in *The New York Times*, *USA Today*, *Yoga Journal* and many other media outlets.

Steven Halpern's music is heard in leading health and healing centers, corporate wellness programs, schools and homes worldwide.

"One of the 12 most influential artists of the past 20 years… Steven Halpern is the *first and definitive* New Age keyboardist."
— *Keyboard* magazine, 1995

Benefits of Mindful Music for ADHD

This unique mindful music creates a comforting therapeutic ambience ideally suited to the ways our brains are wired. Individuals of all ages have reported, for over 40 years, how much they have been helped by this music.

There are several factors that make these mindful compositions in a class by themselves. You'll notice the especially soothing tones of the instruments themselves, all proven to be among the best choices to facilitate your automatic 'music-modulated relaxation response' (MMRR).

The music floats out of speakers or headphones as light and gentle as a feather. There are no hard edges, shrill tones or dissonant harmonies.

Inherently, playing *regular* music in the background may seem like a non-consequential or harmless choice, but the quality of your sound environment can make it hard to concentrate and focus, without you even being aware of it. I consider such music distracting. That's one of the reasons I have devoted my life to researching and composing the music I compose.

My mindful music creates a resonant sound field that makes it easy for our brains to shift into a higher state of hemispheric balance, typically in the *alpha* and *theta* brainwave states associated with relaxed awareness, mindfulness, inner peace and better executive function.

I invite you to watch my brief video that demonstrates the **secret stress factors** in most music, the "Scalus Interruptus syndrome": https://youtu.be/-Ml8KiWH_1E

The Healing Tones of the Rhodes Electric Piano

Much of my music features the Rhodes electric piano. The unique sound of this instrument rates highest in healing effects of any keyboard. It's not a synth but a series of tuning forks played by a keyboard.

Proven in the classroom

"Your mindful music works so much better than classical music in the classroom. It's truly amazing. I can see the effects immediately in the students' faces, and in their behavior.

"As a workshop leader who conducts training programs for teachers, I have recommended your music for years. These teachers are now experiencing the brain-balancing benefits with their own students.

"**Your music also works wonders on the teachers themselves.** It helps us maintain our own balance and center amidst the daily challenges of the classroom."

— Kim Bevill, *TED talks keynote speaker, classroom teacher, educational consultant.* ***KimBevill.com***

"I have been using your albums for almost ten years, since I attended one of your workshops. I continue to be impressed at how consistent the results are—especially with my current students, whose favorite music is rap!"

— Rosalyn Kalmar, computer instructor, Beverly Hills HS, CA

- **Many people also purchase the companion album, IPM 2124, which includes subliminal affirmations.**

1. ADHD Music (part 1)	2:37	7. ADHD Music (part 7)	5:08
2. ADHD Music (part 2)	5:54	8. ADHD Music (part 8)	3:45
3. ADHD Music (part 3)	6:30	9. ADHD Music (part 9)	8:33
4. ADHD Music (part 4)	7:27	10. ADHD Music (part 10)	3:42
5. ADHD Music (part 5)	4:46	11. ADHD Music (part 11)	7:27
6. ADHD Music (part 6)	7:43	12. ADHD Music (part 12)	5:02

PRODUCED BY STEVEN HALPERN

STEVEN HALPERN: Rhodes Electric Piano, additional Keyboards

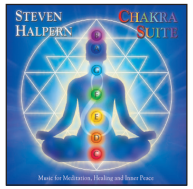
Georgia Kelly: Harp • Kat Epple and Bob Stohl: Silver Flute
Jorge Alfano: Bamboo Flute

𝄞 All compositions © 2019 Open Channel Sound Company (BMI) 𝄞
℗ 2019 Steven Halpern / Inner Peace Music®
All rights reserved. Copying this album for friends is prohibited by federal law.

Recorded at: Banquet Studios, Sebastopol, CA
Recording Engineer: Warren Kahn

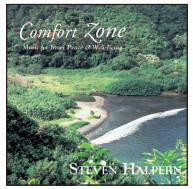
Other albums proven effective for ADHD:

Chakra Suite



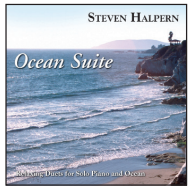
IPM 8000

Comfort Zone



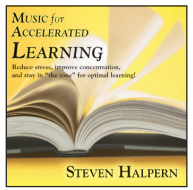
IPM 7786

Ocean Suite



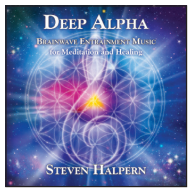
IPM 8003

Accelerated Learning



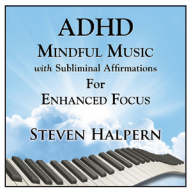
IPM 7863

Deep Alpha



IPM 8048

ADHD Mindful Music w/ Subliminal Affirmations



IPM 2124

ADHD, Music and Mindfulness: New Breakthroughs and Resources

©2017 Steven Halpern, Ph.D.

Of all the options to help those with ADD/ADHD live better lives and be more functional members of society, one of the most overlooked is the use of music. As you will see, there is a good reason for this; 'regular' music doesn't work. Most traditional music is intended for entertainment or emotional reasons. It's not composed with the appropriate structure, tones or intention of orchestrating a stress-reducing, balanced whole brain response in the listener, especially individuals with ADD/ADHD.

The good news is that there is a new genre of music composed with the brain in mind. It has demonstrated significant effectiveness over 40 years for a wide range of individuals and ages, including the ADHD population. Although evidence-based research is largely anecdotal, there have also been several landmark brainwave biofeedback (EEG) studies that demonstrate unique properties of these recordings.

But even to call it 'music' does it a disservice. I suggest it is really "Acoustic Neuro-Technology" delivered in the form of beautiful, relaxing music.

Full disclosure: The reason I've devoted my professional career to developing this resource is personal: I needed to find an effective non-pharmaceutical alternative to help me manage my own ADD profile. It's worked for me for over 40 years!

"Your music increases students' attention span and calms their nervous system. It seems to settle the environment as well as the physical and emotional state of the students so that learning can take place. We did not see this effect when we used classical music." — Dr. Jessie Landsberg, author of *Interdisciplinary Management of ADD/ADHD*

- **Read the entire article: StevenHalpernMusic.com/ADHDarticle**

- **Recommended resources:**
  CHADD.org and their magazines, *ADDitude* and *Attention*
  ADDerWorld.com
  RightBrainAerobics.com
  Natural Relief for Adult ADHD. Stephanie Mouton Sarkis, Ph.D
  The ADHD Explosion. Stephen Hinshaw, Richard Scheffler

"I have had the greatest success with ADD/ADHD children with Steven Halpern's music. It increases students' attention span and calms their nervous system and emotional state so that learning can take place.

— Dr. Jessie Landsberg, *Interdisciplinary Management of ADD/ADHD*

Especially recommended for: Parents of a child with ADHD • Adults with ADHD Teachers • Counselors • Anyone looking for enhanced focus

Steven Halpern's innovative style of beautiful, relaxing music is uniquely suited to the way our brains respond to sound and music stimuli. Simply play the music in the background in classrooms, while doing homework or at the office.

Halpern's mindful music creates a ***non-distracting audio ambience*** that can mask distractions while it supports enhanced focus, executive function, and greater emotional control.

This album features selections from his most highly recommended* recordings.

"I have had the greatest successes with ADD/ADHD children with Steven's music, including *CHAKRA SUITE, OCEAN SUITE and COMFORT ZONE."

— Dr. Jessie Landsberg, *Interdisciplinary Management of ADD/ADHD*

STEVEN HALPERN is the Grammy® nominated composer, educator, researcher and #1 bestselling recording artist of music that promotes mindfulness, and harmonizes body, mind and spirit. His article on ADHD and music appears in the November 2017 issue of *Attention* magazine.
StevenHalpernMusic.com

44th ANNIVERSARY

HALPERN INNER PEACE MUSIC®

© 2019 Open Channel Sound Company (BMI) ℗ 2019 Steven Halpern / Inner Peace Music®