



A Well-Tempered Mind: Using Music to Help Children Listen and Learn

Peter Perret, Janet Fox

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A Well-Tempered Mind investigates the intriguing connection between music education and brain development in children. Peter Perret and Janet Fox use the details of an innovative music education program for elementary school students to explore this fascinating relationship. *A Well-Tempered Mind* describes how the students of Bolton Elementary in Winston-Salem, North Carolina, and a local quintet worked together and then explains the ongoing research that focuses on how music engages the brain's cognitive capabilities, from memory and language to emotional processing. Music, *A Well-Tempered Mind* reveals, is a universal language that expands young minds in essential ways.

"The authors put flesh on the feeling shared by all music teachers that the experience of music enhances thought and learning in unexpected directions, well beyond the simple act of enjoying the sound. ... It's exciting and necessary reading for all who are battling to ensure the place of music in the school curriculum."—*Times Educational Supplement*

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