I'm a big fan of music, and use it a lot when working, but I had no idea about how it really affects our brains and bodies. Since music is such a big part of our lives, I thought it would be interesting and useful to have a look at some of the ways we react to it without even realizing. "Without music, life would be a mistake" – Friedrich Nietzsche. Of course, generalizing based on this study is very hard. However looking at the science of introverts and extroverts, there is some clear overlap. 4. Music can significantly distract us while driving (contrary to common belief). Another study done on teenagers and young adults focused on how their driving is affected by music. Adopted by MusicNovatory, this form of science is currently the most appropriate for music, as it is a pre-requisite for the second form of science. The second form of Science is the modern Planck-Einsteinian principle theory, deducing conclusions from general principles, in which inference follows on inference, often extending far from reality. The advantages of principle theory are logical perfection and security of foundations. The application of this form of science to music is still to come, based on the first form, as was the case with physics, for example. Music is an intuitive natural Was music important enough to drive evolution — offering selective advantages to the most musical? Or was it just an accessory to other developments, like language? At one extreme, Harvard University cognitive psychologist Steven Pinker has dismissed music as “auditory cheesecake.” As counterpoint, Oxford University evolutionary psychologist Robin Dunbar has suggested that among primates, singing may have been as important as grooming in fostering social cohesion. Potentially even more efficient than picking lice, this “grooming at a distance” may have facilitated the harmonization of large ho... These 13 headers encompass the gamut of musical styles from 1960 to 2010. They’re sorted in groups based on similarities in patterns of chord change and tone.