“Music has saved my life (…) The reason I say this is because when you’re, ya know, pretty much like praying. When the world has brought you to your knees, you’re in the perfect position to pray. Well for me, it’s that, but also to listen to music… Music that motivates me, music that brings me up, music that makes me feel that I can get through anything.” (\*)

Listening to music is one of my favorite things to do, whether it is at the beach, the park, school, work, or at home. Going to concerts especially is super cool. But writing papers about listening to music, well it might seem a little difficult. Here, however, we are going to talk about how music has helped change people’s personality who are dealing with disorders, such as depression and anxiety. (Bring this into your introduction ☺) -M

I hope that sounds a little more exciting because the figure whom I will be using is definitely exciting. The man’s name is Anthony James Fratto, otherwise known as AJ. This baldheaded, bear-like man is my father and one of my heroes. Although he is dealing with a bunch of problems, such as depression and anxiety, my father tries to see the best in situations and keep calm with the help of listening to music. (Maybe combine the first sentence of the below paragraph with this) -M

 AJ uses music as an outlet in order to keep calm, release stress and energy, and connect different emotions, feelings, and form friendships with other people. Music has also helped to develop different traits and feelings toward different situations.