Music is medicine, music is sanity - Robert Gupta

From: http://www.ted.com/talks/robert_gupta

I. Discuss the following questions with a partner:
   a. What kind of music do you like and how much time do you spend listening to music?
   b. How important is music in your life?
   c. Do you feel that you have a special connection with some types of music? Which types?

II. Watch Robert Grupta, a musician from the LA Philharmonic talking about music and sanity ans answer the following questions:
   a. How did Grupta meet Nathaniel Ayres?
   b. Why does Nathaniel refuse treatment?
   c. What is the consequence of that refusal?
   d. How was Nathaniel and Robert’s first lesson together? How was Nathaniel feeling?
   e. How did Robert feel about it? What did he do?
f. What was Nathaniel’s reaction to what the speaker did? What changed and what did he do?

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g. How Nathaniel’s reactions and actions in their first lesson made him and the speaker closer?

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h. Why is music medicine to Nathaniel?

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j. What is his concept of music?

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k. How has music changed Nathaniel’s life?

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l. How has Nathaniel changed the Robert’s life?

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III. In pairs, discuss the following questions:

a. Do you associate moments of happiness/sadness to music?

b. Can music change your mood in the day? For example, if you’re sad, can music make you feel happy?

c. Robert Grupta says that “Music is medicine. Music changes us.” Do you agree with that? Have you ever felt music has changed your day?