

# Love is a mixtape

[Life](#), [Love](#)



The playback: late night, Brooklyn, a pot of coffee, and a chair by the window. I'm listening to a mix tape from 1993. " This is Sheffield first line in his story of how his life is the connection to not only the world but the love of his life. The love of music is a connection most everyone finds themselves having. Rob Sheffield book Love Is a MIX Tape connects his passion for music and the only other thing that meant just as much to him, his wife Renee.

Sheffield has mix tapes to remind him of every part of his life that's worth remembering not only alone but of the life he spent with Renee. Rob and Renee were two totally different people. Rob was an Irish Catholic geek from Boston, and Renee was a country girl three months older than Rob. They grew up living two totally different lives with the same passion for one thing, Music. " We had nothing in common, except we both loved music. It was the first connection we had, and we depended on it to keep us together. We did a lot of work to meet in the middle. Music brought us together.

So now music was stuck with us. " Sheffield page 6. " Nothing connects to the moment like music" Sheffield page 12. This sentence in the book is nothing but true. Most people remember the memories they had or the time something took place because of the song they heard or were listening to during that event. Many of times I have related things to music and brought the musical connection into my life. Sheffield talks about how there were many of different mix tapes for different things like tapes for making out, dancing, falling asleep, doing the dishes and even walking the dog.

I can personally connect to what he is stating because I have a playlist for most of the things I do: working out, driving in my car, " depressing" playlist,

playbills for certain concerts I'm going to, shower plastic and so many more. I believe people have these playbills or mix tapes for certain things because it just goes with that moment in time and it seems like it just fits, so I totally understand where Sheffield is coming from. In the book Sheffield says, "Missy wrote a note to Biggie in her booklet: " Rest in peace, Big.

I hope you can hear my album, wherever you rest. " I felt the same way. " Sheffield pg. 168. This hit me in a different way than it may have hit other people. My friend committed suicide and every time I listen to his favorite songs or songs that were played at his funeral I wonder if he's looking down at me seeing me jam out to the songs and knowing I still care and think about him all the time. I also am the same way with my Great Grandma, every time I hear the song played at her funeral, I sit there and just think about all of the great times we had when she was here.

I feel like I had a special connection to Sheffield at this part of the book. Although some people use music as a connection to their lives, other people find something else that means a lot to them to connect their lives too. A lot of people use books, writing, television shows and even reading to connect themselves to the world. Personally I use music as a connector to the world and just life itself because like Sheffield stated in his book, every mix tape tells a story, if you put it together all music has a story to tell.

I couldn't agree more. Some people may not look at it that way, and everyone is entitled to their own opinion, but I couldn't have said it a better way. Music may be taken in a different perspective by everyone, but no matter who you are, where you want to go in life, or what may be going on in

your life right now, there will always be a song that can help you cope with your feelings. Even if music isn't your getaway, there will always be something you can relate to and lean on when things get a little harder than you expected.