

# The power of music

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The Power of Music Music can be an escape from the world, just by putting on headphones it's like you're in your own world. It's like a getaway from reality. Nothing can bring you down while you're listening to music, but it all depends on you. You can always turn to music when you've had a bad day and need something to make you forget about the bad things, music will always be there. That is why, I believe in the power of music. Music helps people express themselves, you can learn a lot about a person by the type they listen to. If they listen to a certain song over and over it means something to them or it says how they are feeling. Without it, people wouldn't have a place run off to when they've had a bad day. Everyone wants to escape from everything to forget about our problems and music will help us escape reality. I believe music can also trigger good memories with a certain song or the type of music. When I listen to Mexican music, I remember when I was younger and my mom would always try to make me dance with her. When I would try to run away, she would grab me and make me dance with her. Seeing her laugh always puts a smile on my face. I consider that a good memory that always comes into mind when I hear that type of music. Music has many abilities that help each individual in different ways. Whenever you need to escape from reality, just slip on headphones. When you're having a bad day, try to forget all your problems. There are different types of music and songs; you can always find one that relates to your feelings or the situation you happen to be in. Music will always be there for you when it feels like no one else is, for this I believe.