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Keeping the Music Alive in Your Body and Soul: the Benefits of Playing Upright Pianos

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Playing the piano is an art that requires utmost diligence, passion and patience to learn every single piece and play it melodiously. An individual does not simply become a piano player because he or she memorizes each note; rather he or she becomes a devoted pianist when he or she is able to take essence of the music and communicate it to those listening. Hence, being a pianist requires time to hone the right skills and attitude to attain one's full potential.

Benefits of Playing the Piano

Improvement in Test Scores among Children. It was shown that middle school children who played at least one instrument had higher scores in standardized tests in comparison to children who donâ€™t. The study construed that listening to music stimulates the brain to concentrate and memorize better. Thus, children who play or practice with their musical instrument more often, develop better concentration and discipline which they apply in their studies.

Better Concentration. Research has also shown that music training has a profound impact on learning speech, language and emotions. The brain's auditory cortex becomes sharper and sensitive to sound when constantly exposed to melodious music. That is why most musicians are able to incorporate sound patterns into words and comprehend speech in a noisy place. Playing an instrument helps people suffering from dyslexia to facilitate their understanding of speech in noisy surroundings.

Better Overall Wellness. People who play musical instruments like upright pianos experience less loneliness and adapt more positive and calming attitudes. Being able to play an instrument to one's desire, increases self-esteem which makes a person feel better about him or herself. Moreover, developing exceptional playing skills can also boost your image as a musician as other people often associate playing the piano with sophistication and intelligence.

Reduces Anxiety and Stress. Above all, playing or listening to music improves the overall mood of a person. Relaxing music helps relieve a person's body and mind from stress by soothing it with melodious sounds. Luckily, owning an instrument need not be expensive as some music stores offer affordable upright piano prices. You can also opt to purchase a used piano which works as well as new pianos.

Some scientists have also found out that creating music with a used upright piano, increases vitality among older people. Moreover, music also aids in healing people's emotional brokenness by consoling it. Indeed, the benefits of playing pianos or any musical instrument gives physical and emotional benefits that contribute to a person's wellbeing.

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