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## **That's Music to My Ears – the Sound of Laughter**

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### **ABSTRACT**

Resounding down through the ages have come numerous stories and prescriptions from ancient wisdom attesting to the healing powers of both music and laughter. In recent years we have benefitted from an upsurge in evidence-based research (all hail EEGs, MRIs, fMRIs, and modern technology!) that confirm the beneficial physiological and neurological effects of music and laughter. So what happens when we combine the two? As a clinician, I have had tremendous success with doing just that. There are presently no known studies that combine the two. Why not? [The author can be reached at [ptileston@verizon.net](mailto:ptileston@verizon.net)]