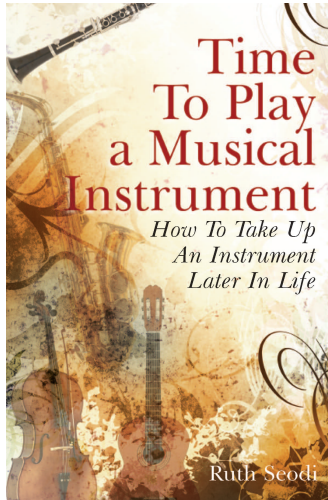


For immediate release

## ***If music be the food of youth...***



Recent research has found that physical and mental stimulation can slow down the inevitable shrinking of the brain and even reduce the risk of dementia. But, if the body refuses to stick to that Sunday game of golf there is still a very sociable, challenging hobby to keep the mind agile – playing a musical instrument.

***Time To Play a Musical Instrument*** by Ruth Seodi is published this month by How To Books and is a unique guide to taking up an instrument later in life.

This book gives you a step-by-step approach to choosing your instrument, finding the right teacher, and getting you started with lessons. Seodi also shares helpful hints and tips about such things as how to get the most out of your practice and includes a number of website addresses and phone numbers in case you want to delve further.

Commenting on her reasons for writing the book, Ruth says, *“Taking up an instrument not only engages and stimulates the brain, it also encourages finger mobility, coordination and - for you singers and wind players - exercises the lungs! Whether you intend to learn to read music or play by ear, you will be exercising the important grey matter and you may even be able to impart valuable tips to children or grandchildren who are learning too.”*

**About the author:** Ruth Seodi has been teaching music to all age groups for fifteen years. She studied the violin under Herbert Whone and went on to study at the National Centre for Orchestral Studies at Goldsmith’s University, London. Her research into various practice techniques has encouraged her to write this book for those wanting to learn an instrument later in life. She runs music workshops in Hertfordshire where she lives with her two children. As a qualified life coach she has combined her skills in this book, taking you on a refreshing journey into the world of music making.

***Time to Play a Musical Instrument*** is published by **How To Books Ltd** [www.howtobooks.co.uk](http://www.howtobooks.co.uk) and is available at £9.99 in major bookshops and online retailers across the USA and Canada. ISBN 978-1-84528-342-1  
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