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ASSOCIATED WITH DESIRED EMOTIONAL RESPONSESMUSIC AND EMOTION THEORY AND  
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### **music and your emotions pdf**

1 Creating Your Personal Stress Management Plan Following is a 10-point plan to help you manage stress. All of these ideas can lower stress

### **Your Personal Stress Management Plan**

Teaching music to children can be challenging, especially when your pupils struggle to grasp new concepts. Do you tire of using the same teaching materials repeatedly because you have to follow the curriculum?

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