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Music has been an integral component of the human experience for thousands of years, and its deeply influential role can be seen around the world. Not only is it enjoyed and played by a majority of the human population, but music is a hugely embedded aspect of daily life, as it accompanies (in some shape or form) most interactions in both public and private spaces. Moreover, music has the ability to not only express emotions, but to considerably alter our emotional and physiological states. This project will describe the ways in which music can affect the brain and body, and will also propose some answers as to why we often experience music on such a deeply personal level.