

MEDIA RELEASE



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Songfire Press, A Division of Weston World Productions, LLC

What is the powerful connection between singing and science?

A Legacy of Song: Joy . Purpose . Healing - explores the fascinating development of song and provides a deeper understanding of why singing is a significant form of expression and communication.

How does singing improve the quality of people's lives? What is this special magic occurring when we sing or experience music together? It is obviously powerful and surprisingly beneficial in improving health. Peggy Weston explains how physics and singing are connected, playing to the universe of song within us and around us. *A Legacy of Song* reveals the beautiful purpose of song.

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Author Peggy Weston explores the origin, development, and the value of song, that brings therapeutic benefits individually and communally. What initiates the physical, mental, and emotional connection occurring within a person while singing? Weston discusses the powerful connection between singing and science, and why it is important. *A Legacy of Song* will enrich your appreciation of singing.

Author's Bio: Peggy Weston's career spans decades as a successful professional vocalist, actress, educator, arts management consultant, freelance writer, and in film crews. Called a Renaissance woman by colleagues, she is about to release her first book and the first published by her new indie publishing company Songfire Press, a Division of Weston World Productions, LLC. Weston brought her knowledge and joy in singing, along with extensive research to create this book. Visit: www.westonproductions.com

"Singing is a gift to be sung from the heart. Music is a vitally important part of our design; it is the empowering ingredient in our lives. What I have discovered has added a greater dimension of a wondrous appreciation for song." ~ Peggy Weston

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