

**7 SONGS
THAT WILL
MAKE YOU
FEEL GOOD**

by grace miles

ARTIDEN

Hey.



Are you like me—someone who loves *happy*? I love happy things, happy people, and most of all, *happiness*.

That's why I started testing techniques and strategies that make life better. I've made many mistakes, but I've learned something new each time, and I love sharing the shortcuts.

I'm here to help you do what you love and make a difference in the world. We'll do it the smart way, where we'll never stop learning. I hope that you and I can get braver with our creativity.

Here are 7 songs to help you feel good, no matter where you are or what language you speak.

Enjoy!

Grace

<http://artiden.com>

How it works

Click on one song below. Listen to the music, drink in the positivity, and let yourself feel good. It's that easy.

Curious why this works? Once you've finished listening to your music, head to the next page where I explain all. (Be sure to listen to the music first, though.)

This didn't work for you? Choose another song and listen without distraction. Feel the beat and consciously allow yourself to feel good. Yes, it's gonna be alright. Yes, you *are* the person you're meant to be. So just let go for 3 minutes.

1. **HAPPY BY PHARRELL**

2. **I SEE THE LIGHT FROM TANGLED**

3. **MATERIAL GIRL BY MADONNA**

4. **ROAR BY KATY PERRY**

5. **COUNTING STARS BY ONE REPUBLIC**

6. **BORN THIS WAY BY LADY GAGA**

7. **ON TOP OF THE WORLD BY IMAGINE DRAGONS**

8. **ITALIAN POLKA BY RACHMANINOFF (BONUS PIANO SOLO)**

[Get piano sheet music for these songs](#)

Why this music can make you feel good

People can get happier, if they try—Yuna Ferguson’s [two studies published in *The Journal of Positive Psychology*](#) confirms that anyone can do it using a powerful tool that we all have.

You might be thinking, “Okay Grace, what’s that tool?” Hold your horses—first, let’s look at the two happiness studies.

In the first experiment, they invited two groups of participants to listen to upbeat songs. The first group consciously allowed themselves to feel happier through the music, while the second group heard it like it was background music.

The results? People in the first group found that their moods improved, because they actively allowed the music to lift their moods, while the other group was not affected.

In the next experiment, participants listened to ‘positive’ music over a two-week period. By the end, those who were instructed to *think* about improving their mood felt more positive.

We can see how powerful positive thoughts are. In both studies, people were able to get happier by a) actively thinking about feeling good, and b) using the right methods to do it (which, in this case, is music).

So, if we think about feeling good while listening to music, we’ll likely become happier. It doesn’t matter what music it is—the pieces above are likely going to work for you. Evidence suggests that “sad” music can even sound uplifting because we can perceive it as “beautiful”—really, we can control how we see the world, and in effect, our own happiness.

Don’t stress about being happy—just let yourself feel good. If you haven’t already, [click here to listen to the 7 songs that will make you feel good above](#). And let yourself feel good.



Want more of this?

I hope you enjoyed these tips that can make your day brighter! (They sure changed mine for the better.)

If you know anyone else who might benefit from this, feel free to send this to them.

If you're interested in getting more great tips for living a positive, meaningful life, [join my free newsletter](#) where I send proven techniques and lifestyle updates to my readers.

This is just a quick slice of what I share—you'll get Insider updates on new techniques that you won't find anywhere else.

Here's the link again:

<http://artiden.com/more-tips/>

Grace

