



# Listening for Wellness: An Introduction to the Tomatis Method

*Pierre Sollier*

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## **Listening for Wellness: An Introduction to the Tomatis Method** Pierre Sollier

"Listening for Wellness" is an introduction to the work of Dr. Alfred Tomatis, who discovered that Listening (as opposed to hearing) is the key to Wellness. Listening problems are at the root of many learning and communication problems, and learning how to listen well greatly improves our abilities. It is a "must read" book for parents, teachers, psychologists and musicians. Even though the book is an in-depth presentation of the work of Dr. Tomatis, it is easy to read thanks to the many examples taken from the practice of the author.

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