

■ FIGURE 3.6 How Playing Music Affects the Brain

This graph shows the relationship between neuronal activity (dipole strength) and the length of time an individual had played an instrument. Those who started playing an instrument at a later age or stopped playing an instrument early showed fewer changes than those who started early and continued to play. Those who never played an instrument showed the least amount of change in the brain.

Source: Elbert et al. (1995).

