



Let's just turn up the tunes!

by Chelsea Price on July 17, 2011

Hello readers!

Now that we are in the final hours of Carmageddon, I think we can all breathe a little easier. Stress about driving is no stranger to anyone in LA, and hopefully, not too many of you are experiencing that. Though if you are, you may want to look to fellow Angelino and musician Ken Elkinson. No stranger to road rage himself, when he started hearing his kids repeating his angry outbursts (whoops!), he decided to tackle his stress with music.

He designed a six disk CD set to help a commuter through a work week; each CD has a theme for that day, and each is distinct from the others in the set. Some of the music has even been picked up by radio stations featuring relaxation and meditation music. The tracks on Mr. Elkinson's opus are available for downloading until midnight on July 18th [here](#).

I loved this idea. It's such a healthy way to tackle some stress that we all run into from time to time, usually around 5pm. I love music of all kinds; I'm rarely very far away from my ipod. So, readers, what is some of your favorite music? Do you use music to help you fall asleep, stay pumped up at the gym, or to set the mood for the day, or for someone special?

If you're like Mr. Elkinson and also feel that you need a spa treatment after a tough commute, check out the great deals on Spaphile!

Cheers!