



A Matter of Time: The science of rhythm and the groove

John Lamb

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Rhythm changes us. Literally. In *A Matter of Time: the science of rhythm and the groove*, Lamb looks at those physiological changes and defines rhythm by its effect on us. But he doesn't stop there, he compares the body's physiological changes with what top musicians say about rhythm and finds striking similarities. This approach suggests a simple theory of how rhythm works and explains, for example, words like swing and groove are commonly used to describe music. "When I read this book it was like having a grand unification of all of the moving parts. Everything fell into place... For me personally this book is one of the few that have made a profound difference in my awareness of and how I approach music." - Mike Tarrani, Amazon Top 50 Reviewer

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