



THE GROOVE EFFECT

Find the rhythms your body answers before your mind decides.

The big idea: Groove — the pleasurable urge to move — peaks at **moderate rhythmic complexity**: not too predictable, not too chaotic. The right beat is medicine your nervous system answers automatically.

KEY TAKEAWAY

Before the phone, the snack, or the third coffee: press play on a song your body can't ignore. Four full minutes. The movement IS the mechanism.

A The Four-Minute Groove Reset

Pick songs your body answers automatically. Next time you're stressed, stuck, or flat, play one for four uninterrupted minutes — no multitasking — and let the movement do the work.

- Write down three songs that reliably make your body respond before your mind decides. Those are your groove selections.
- Next time you're stressed, stuck, or flat — before the phone, snack, or coffee — play one. Four full minutes.
- If your body wants to move, let it. The movement is the mechanism.
- At the four-minute mark, check your breathing, jaw, shoulders, and energy against where you started.

#	MY THREE GROOVE SONGS	WHAT IT RELIABLY SHIFTS IN ME
1		
2		
3		





B Find Your Groove Sweet Spot

The same song sits at a different point on the inverted-U depending on your goal. Aim it deliberately.

For a CALM goal — a song a notch toward the predictable side of my taste:

For an ENERGIZE goal — a song right at my peak groove:

A new song I'll give three plays before judging:

Body check — before vs. after (breathing, jaw, shoulders, energy):

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Put on a song right now that makes your body move before your mind gives permission. What is it, and what does that involuntary answer tell you?

