

## **List of Relevant Sources**

Music Radar “8 Reasons Why Playing Guitar is Good for Your Mental Health.” Clair Davies

October 10, 2018

<https://www.musicradar.com/news/8-reasons-why-playing-guitar-is-good-for-your-wellbeing>

Quora “What Are The Disadvantages and Advantages of Playing A Guitar?” Tim Piazza

August 27, 2018

<https://www.quora.com/What-are-the-disadvantages-and-advantages-of-playing-a-guitar>