

# Juilliard Graduate Pianist Offers Election Survival Music Relief to Worried Voters With Daily Livestream Mini-Concerts

*Lisa Spector is offering free online mini-concerts specifically designed to help worried voters get through the election*

HALF MOON BAY, CA, USA, October 17, 2020 /EINPresswire.com/ -- Lisa Spector, owner of Left Hand Lemonade (LisaSpector.com), today announced that from Oct. 21 to Nov. 3, she'll be offering free online mini-concerts specifically designed to help worried voters get through the election.

"I've been creating specific music for reducing stress for over a decade, for humans and for pets," said Lisa Spector. She continued "I've learned what tones and tempi work scientifically to reduce stress. I've built businesses and innovations around that research—and now I'd like to put my experience to use for voters."

She said, "The music will be in two categories, anti-anxiety and music for focusing. For example, Bach's Sicilienne arranged for left hand only has lower frequencies and slow tempi, which makes it perfect for reducing anxiety, while Bach's Praeludium from his 1st Partita with trills and a very predictable, steady tempo is great for increasing focus.

I'll be performing both every weekday on my Facebook page from October 21st to Nov. 3rd at [www.facebook.com/LisaSpectorPianist](https://www.facebook.com/LisaSpectorPianist). I've been specializing in music for left hand only for the past three years, as my right hand has been in recovery from four surgeries to heal seven fractures caused by a bad fall. Every broadcast with anti-anxiety music will start with a composition for left hand only, since lower frequencies played by my left hand calm the human nervous system."

For a 10-minute playlist of [Election Survival Music](https://www.LisaSpector.com/election-survival-piano-music), voters can claim their free playlist here [www.LisaSpector.com/election-survival-piano-music](https://www.LisaSpector.com/election-survival-piano-music)

Lisa has been performing free weekly Facebook Live Concerts for one and two hands since the start of the pandemic. They can be found at [www.LeftHandLemonade.com](https://www.LeftHandLemonade.com)

She also teaches "Ninja Piano Tricks" a 6-week online course to help advanced classical pianists double their proficiency in half their time. More info at [www.PianoNinjaTricks.com](https://www.PianoNinjaTricks.com)

"I know all of us are dealing with anxiety right now—about the pandemic, the economy, the future—including anxiety around the historical upcoming election. I offer my music gifts for free as a way of helping bring comfort and calm into voters homes and lives at a time of uncertainty."

Lisa has been performing piano professionally since she graduated Juilliard. She's toured internationally through China, Europe, as well as The U.S. For many years, she owned a music school in Half Moon Bay. "My business is online now—but I do look forward to the day when I can perform in public again. In the meantime, I'll keep doing what I can to empower musicians and music lovers—and until at least Nov. 3rd, American voters."

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