

The Purposeful Use of Music From Pregnancy Through Infancy

Popular Music Playlist Guide – which will be updated regularly

Look at the 15 min video version at the 7:13min mark or the the 42 min video version at the 31:35min mark to hear about specific directions on how and why to utilize your three playlists/CDs for music listening to support labor and delivery.

THIS GUIDE, that includes various music styles, is to give you some ideas of what songs you can add to you 3 (slow, med, fast) playlists or CDs. **REMEMBER**, preferred music is the key, so try to include songs that you really like. **This guide will regularly be expanded.**

If you do not see songs on this list to add to your preferred music (three) playlists/CDs, go to your own music collection to get your music and do you best to identify the tempos/speeds (slow, med, fast) on your own. To identify the speed or beats per minute (bpm) use a stop watch (or second hand on a watch), Tap with the beat of the song, count how many beats for ten seconds, then multiply by six.

Slow Tempo/Largo 42-66bpm, Medium Tempo/Andante 56-88bpm, Fast Tempo/Allegro 84-144bpm

Songs with 2 tempos indicated can be followed with the slower beat or doubled - depending on which speed/beat/tempo is more evident or comfortable. **SEE THE 4min VIDEO CLIP THAT EXPLAINS THIS.**

*****Most songs listed here are available on iTunes.**

Please email with any questions @ david@musicfromthestart.com

*****bpm = beats per minute**

ADD THESE SONGS TO YOUR PLAYLISTS/CDs ONLY IF YOU LIKE THAM A LOT!!!

Top Hits

Slow Tempo/Largo 42-66bpm

- Blown Away by Carrie Underwood (slow or fast)
- Set Fire to The Rain by Adele (slow or fast)
- Make You Feel My Love by Adele
- Lovesong by Adele (slow or medium)
- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>
- Breakaway by Kelly Clarkson
- She Will Be Loved by Maroon 5 (slow or fast)
- I Want it That Way by Backstreet Boys (slow or fast)

Medium Tempo/Andante 56-88bpm

- We Are Never Getting Back Together by Taylor Swift
- Lovesong by Adele (slow or medium)
- Bubbly by Colbie Caillat
- One More Night by Maroon 5

Fast Tempo/Allegro 84-144bpm

- Blown Away by Carrie Underwood (slow or fast)
- Moves Like Jagger by Maroon 5
- What Makes You Beautiful by One Direction
- Starships by Nicki Minaj
- Set Fire to The Rain by Adele (slow or fast)
- She Will Be Loved by Maroon 5 (slow or fast)
- I Want it That Way by Backstreet Boys (slow or fast)

90's Hits

Slow Tempo/Largo 42-66bpm

- Candle in The Wind by Elton John
- The Dance by Garth Brooks
- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>

Medium Tempo/Andante 56-88bpm

- Tears in Heaven by Eric Clapton

Fast Tempo/Allegro 84-144bpm

- Linger by The Cranberries
- Man on The Moon by R.E.M.
- I Need to Know by Marc Anthony
- Right Here Right Now by Jesus Jones
- Secret by Madonna
- I Wanna Dance With Somebody by Whitney Houston

80's Hits

Slow Tempo/Largo 42-66bpm

- Time After Time by Cyndi Lauper (slow, med or fast)
- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>
- Anything For You by Miami Sound Machine
- Here We Are by Gloria Estefan
- Billy Jean by Michael Jackson (slow or fast)

Medium Tempo/Andante 56-88bpm

- Time After Time by Cyndi Lauper (slow, med or fast)
- Kiss On My List by Hall & Oates (med or fast)
- Private Eyes by Hall & Oates (med or fast)

Fast Tempo/Allegro 84-144bpm

- Time After Time by Cyndi Lauper (slow, med or fast)
- Conga by Miami Sound Machine
- 1-2-3 by Miami Sound Machine
- Get On Your Feet by Gloria Estefan
- Kiss On My List by Hall & Oates (med or fast)
- Private Eyes by Hall & Oates (med or fast)
- Thriller by Michael Jackson
- Billy Jean by Michael Jackson (slow or fast)

Oldies

Slow Tempo/Largo 42-66bpm

- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>
- We've Only Just Begun by The Carpenters
- Close to You by The Carpenters
- Easy by The Commodores
- Ain't No Mountain High Enough by Diana Ross (slow or fast)
- I Just Wanna Stop by Gino Vannelli

Medium Tempo/Andante 56-88bpm

- Lowdown by Boz Scaggs
- Mockingbird by Carly Simon and James Taylor (med or fast)
- Saturday in The Park by Chicago (med or fast)

- What a Fool Believes by The Doobie Brothers (med or fast)
- Fantasy by Earth, Wind and Fire
- What You Won't Do For Love by Bobbie Caldwell

Fast Tempo/Allegro 84-144bpm

- Lowdown by Boz Scaggs
- Mockingbird by Carly Simon and James Taylor (med or fast)
- Ain't Nobody by Chaka Khan
- Saturday in The Park by Chicago (med or fast)
- Lady (You Bring Me Up) by The Commodores
- Ain't No Mountain High Enough by Diana Ross (slow or fast)
- What a Fool Believes by The Doobie Brothers (med or fast)
- September by Earth, Wind and Fire
- I Want You Back by The Jackson 5
- ABC by The Jackson 5

Country

Slow Tempo/Largo 42-66bpm

- Here's a Quarter by Travis Tritt (slow or fast)
- Strawberry Wine by Deana Carter
- How great Thou Art by Carrie Underwood
- Unanswered Prayers by Garth Brooks (slow or medium)
- Kiss Tomorrow Goodbye by Luke Bryan (slow or fast)
- Blown Away by Carrie Underwood (slow or fast)
- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>

Medium Tempo/Andante 56-88bpm

- Unanswered Prayers by Garth Brooks (slow or medium)
- Better Class of Losers by Randy Travis
- Any Man of Mine – Shania Twain (med or fast)
- The Dance by Garth Brooks
- Cruise by Florida Georgia Line

Fast Tempo/Allegro 84-144bpm

- Friends in Low Places by Garth Brooks
- Independence Day by Martina McBride
- Chattahoochee by Alan Jackson
- Any Man of Mine – Shania Twain (med or fast)
- Here's a Quarter by Travis Tritt (slow or fast)
- Kiss Tomorrow Goodbye by Luke Bryan (slow or fast)
- Blown Away by Carrie Underwood (slow or fast)

R&B Hits

Slow Tempo/Largo 42-66bpm

- End of The Road by Boys II Men
- Bump 'n Grind by R. Kelly
- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>
- Easy by The Commodores
- Billy Jean by Michael Jackson (slow or fast)

Medium Tempo/Andante 56-88bpm

- Fantasy by Earth, Wind and Fire
- What You Won't Do For Love by Bobbie Caldwell

Fast Tempo/Allegro 84-144bpm

- I Wanna Dance With Somebody by Whitney Houston

- Thriller by Michael Jackson
- Billy Jean by Michael Jackson (slow or fast)
- Tennessee by Arrested Development
- Lady (You Bring Me Up) by The Commodores
- September by Earth, Wind and Fire
- I Want You Back by The Jackson 5
- ABC by The Jackson 5

Classical

Slow Tempo/Largo 42-66bpm

- Symphony n0. 9 in D minor by Ludwig Von Beethoven (slow or fast)
- Don Giovanni Overture by W.A. Mozart (slow or fast)
- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>

Medium Tempo/Andante 56-88bpm

- Pachelbel Cannon in D (various versions/performers)
- Symphony No. 5 in c minor by Ludwig Von Beethoven (medium or fast)

Fast Tempo/Allegro 84-144bpm

- Mass in B Minor by J.S. Bach
- Symphony No. 9 in D minor by Ludwig Von Beethoven (slow or fast)
- Don Giovanni Overture by W.A. Mozart (slow or fast)
- Symphony No. 5 in c minor by Ludwig Von Beethoven (medium or fast)

Contemporary Christian

Slow Tempo/Largo 42-66bpm

- How great Thou Art by Carrie Underwood
- At The Cross by Hillsong (slow or medium)
- Lyrical Imagery – get free download at <http://www.musicfromthestart.com/>
- Indescribable by Chris Tomlin (slow or medium)
- I Will Follow by Chris Tomlin (slow or fast)
- Amazing Grace (My Chains Are Gone) by Chris Tomlin (slow or medium)
- I Can Only Imagine by MercyMe (slow or medium)
- Word of God Speak by Mercy Me (slow or medium)
- Praise You I This Storm by Casting Crowns (slow or medium)

Medium Tempo/Andante 56-88bpm

- At The Cross by Hillsong (slow or medium)
- God of Wonders by Mac Powell and Danielle Young
- Indescribable by Chris Tomlin (slow or medium)
- Amazing Grace (My Chains Are Gone) by Chris Tomlin (slow or medium)
- I Can Only Imagine by MercyMe (slow or medium)

- The Hurt & The healer by MercyMe
- Word of God Speak by Mercy Me (slow or medium)
- Who Am I by Casting Crowns
- Praise You I This Storm by Casting Crowns (slow or medium)

Fast Tempo/Allegro 84-144bpm

- I Will Follow by Chris Tomlin (slow or fast)
- Courageous by Casting Crowns