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## **For Grace Launches Wonder Music Project to Aid, Comfort and Inspire Women with Chronic Pain Throughout the World**

*The nine-song CD set draws on the healing power of music therapy to promote wellness and enhance the quality of life for patients with severe disabilities*

LOS ANGELES (November 8, 2012) – For Grace has released its much-anticipated Wonder Project that aims to provide women challenged by chronic pain hope and understanding through music and lyrics. The nine-song set was selected and recorded by the organization’s founder and spokesperson, Cynthia Toussaint, who regained her singing voice after losing it for 15 years due to her chronic pain disease, Complex Regional Pain Syndrome. The idea of music as a healing influence dates back to the writings of Aristotle and Plato, and received widespread recognition after World Wars I and II when amateur and professional musicians of all types went to Veterans hospitals around the country to play for the thousands of veterans suffering both physical and emotional trauma from the wars, according to the American Music Therapy Association.

Toussaint has dedicated For Grace’s Wonder Project to all women in pain. Each song captures the essence of the pain experience while conveying the joy of re-invention and “coming out the other side” to wellness. The over-arching goal of the project is to empower women in pain and their caregivers with the knowledge they are not alone as their pain experiences are mirrored through music and lyrics. Toussaint performs songs by Natalie Merchant, Jewel and Madonna that touch on pain’s darker themes such as loss and depression along with affirming themes of personal empowerment, re-invention, perseverance and gratitude.

The collection is free to listen to via For Grace’s website at [www.forgrace.org](http://www.forgrace.org) and a CD with full-color jacket and disc art can be ordered for a suggested donation.

The Wonder Project is an example of music therapy for the use of pain management. According to the Journal of Music Therapy, music is an effective intervention and is widely used in hospitals, skilled nursing facilities, hospices, psychiatric treatment centers, drug and alcohol programs, schools and other facilities to treat individuals with Alzheimer’s disease, dementia, Parkinson’s stroke, cardiac conditions, Autism, and other conditions in which music can play a key role in.

It was in part through the use of music and song that lead Toussaint to a partial remission of her disease which she has suffered from since she was 21.

“*Wonder* means the possibility of healing in each of us – and on a personal level, it represents the magic behind my remission,” Toussaint says. “The doctors tell me that my better wellness is a miracle, impossible, and that they don’t know how it happened. It’s something I can’t fully comprehend or explain myself. It’s a wonder to me. I do know that music therapy played a large part in it.”

“I’m an artist first and music has always been a natural and joyful expression for me. Following my passions is the clearest path to better wellness. And I want this project to encourage other women in pain to follow that special path, that passionate voice in them. Music is an art form that touches people

intimately - it's extremely expressive and can go beyond the written or spoken word. Music is comforting, inspiring and speaks to our souls.”

**About For Grace**

Founded in 2002, For Grace is a nationally recognized nonprofit organization whose mission is to ensure the ethical and equal treatment of all women in pain. For Grace has educated, supported and empowered thousands of women in pain through the use of public advocacy, legislative outreach, and mass media. For more information, please visit For Grace online at [www.forgrace.org](http://www.forgrace.org).

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