

**Is this the introduction or the conclusion of an essay?**

Music is more than just notes and sounds. Dating back over 35,000 years, music is an integral aspect of human culture, tradition and entertainment. Serving as a universal language, it offers us a medium for both expression and connection, strengthening our bond as a society. In addition to the positive impact music has on our society, recent studies have shown that music also has a positive impact on our mind. It has been proven that music is good for the brain because it improves memory, reduces anxiety and boosts mood, among several other benefits.

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Music is beneficial to the mind in many ways as it contributes to memory enhancement, stress reduction, mood improvement and more. This makes it a vital addition to human health and psychological well-being, as well as its enduring role as a fundamental part of our society's culture, traditions and entertainment. Music, therefore, is more than just notes and sounds – it is the key to a healthier, happier, and more harmonious existence.

1. What is the thesis statement? How is it rephrased?
2. How is the “hook” connected to the final thought?

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