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BIOGRAPHY OF JOAN COBB

Joan Cobb Hopkins was born in New York City on June 25th, 1932. As both her parents were composers and music teachers, it was natural for her to start making up songs at the age of three. Her father showed her how to play simple harmonies on the piano and her mother encouraged her to write words for some of her piano pieces. Ida Bostelmann Cobb was a graduate of the Institute of Musical Art (the Julliard School of Music) and had 140 publications of her piano compositions and songs. Scribner Cobb was a conductor and played every instrument in the orchestra. He was also a fine poet, studying for four years with Robert Frost while a student at Amherst College.

Joan worked as a secretary for 3-1/2 years before attending Pomona College and graduating from Barnard College in 1956. The following year she traveled to Munich on a German Government Grant, studying piano and composition at the Hochschule fur Musik. In 1958 she was married to Peter Hopkins, a free-lance photographer. They moved from Princeton, New Jersey, to California's Monterey Peninsula in 1962 with their two children, Pamela and Christopher. Chris is a political and film sculptor, and enjoys improvising on the piano; Pam is a teacher of marine biology and the mother of 14-year-old Peter, a promising violinist.



In addition to bringing up two children and traveling extensively throughout Europe with her family, Joan has written four children's musicals and over 1000 songs, many of them promoting world peace and protection of the environment. She has taught piano privately for fifty years and been a contract and substitute teacher in Monterey County schools for thirty years. For 15 years she was an Instructor in the Monterey Peninsula College Older Adult Program. She has also been a music critic and written articles for newspapers and magazines.

In 1984 she became a Touch for Health consultant and since then has been muscle testing herself, family, friends and clients to help them enjoy better health. She also muscle tests music, determining if it is healing, enjoyable, tolerable, or draining. Joan believes that music is a powerful healing force. The most healing music is perfectly balanced, affecting

each brain hemisphere equally at optimal levels. Joan calls this Golden Mean music.

Everything is in a state of vibration, either healthy or out of balance. Listening to balanced, centered Golden Mean music can “tune up” the health of people, animals and plants. May everyone who sings and hears these songs come closer to living in a world of happiness, harmony and health!

Order the **SONGS TO HEAL OUR PLANET** CD, go to www.savethewhales.org

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