

Inspiring stories of individuals overcoming challenges, The Starfish Theory will be featured in the 2022 NYLA

The Starfish Theory

The Power of Music



CYNDY MYERS CARLTON

Sharjah, United Arab Emirates Nov 3, 2022 ([IssueWire.com](https://www.issuewire.com)) - Make all things possible with music, with Cyndy Myers Carlton's: *The Starfish Theory*, a book that tells different inspiring stories of individuals overcoming challenges; beating the odds, and winning life through music, will be featured in the 2022 New York Library Association in November.

Cyndy Myers Carlton's *The starfish theory* seeks to share with its readers how far music can make a difference and influence one's life. This book contains triumphant stories which are based on the author's 29 years of experience with music as a music therapist and a teacher which will surely inspire and bring hope to its readers to seek depth and refuge in music if life doesn't go as it should be. "Music reaches the unreachable and teaches the unteachable", the author added.

This book is available for purchase at [Amazon](#), [Barnes&Noble](#), and [iTunes](#)

ABOUT THE AUTHOR

Cyndy Myers Carlton is a degree holder in music education, and music therapy, and has another degree in special education and English as a second language. Coming from a long line of musicians, Cyndy started her love for music at the early age of 7 and flourished all throughout college. She played trombone for 58 years and guitar for 25 years. Currently, she has a private studio where she does all her private lessons on all instruments. Cyndy also teaches band, orchestra, and choir on 3 campuses of the American Leadership Academy and writes and arranges all of the music all of her school students perform. Now, she is working hard to become a public composer. Despite her busy life schedule, Cyndy enjoys spending time with her children and grandchildren in Queen Creek Arizona, and bonds with them through music.

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