



## The Science Behind Why Our Favourite Music Give Us Goose Bumps

The chills, the thrills you get from ... music.

According to [Science Daily](#), "Scientists have found that the pleasurable experience of listening to music releases dopamine, a neurotransmitter in the brain important for more tangible pleasures associated with rewards such as food, drugs and sex. A study from The Montreal Neurological Institute and Hospital — The Neuro at McGill University also reveals that even the anticipation of pleasurable music induces dopamine release (as is the case with food, drug, and sex cues).

[Studies have shown that](#) "Most people feel chills and shivers in response to music that thrills them, but some people feel these chills often and others feel them hardly at all. People who are particularly open to new experiences are most likely to have chills in response to music, according to a study in the current *Social Psychological and Personality Science*."

Those unfortunates deprived of this ability never get to experience the chills and thrills from music. It's perhaps a part of why some of us live and breathe music.

Music strikes something deeply visceral, physical and emotional in us. Our bodies are physically reacting to the music.