

# Melody Gardot

**A young woman turns tragedy into beautiful music.**

When a car crushes your bike and leaves you bed-ridden for a year, people don't expect to hear that you feel blessed. But despite months of rehab and ongoing chronic pain and sensitivity to light, that accident changed my life in beautiful ways.

The doctor recommended music therapy. Research suggests the melodies can help rebuild neural pathways, so I strummed a few notes on a little guitar. The songs led to recordings and to live performances. Now I'm about to tour on a new album, *Worrisome Heart*.

I keep a slower pace than most musicians on tour, and that makes for a saner experience. Before my accident, I moved at a million miles a minute. Now I've slowed down and view life differently, and I'm grateful for that perspective—just one of the gifts that music keeps on giving me. [melodygardot.com](http://melodygardot.com)

**Survivor**  
Gardot's strength infuses her jazz/folk style.