



## The Noise in Our Head

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### ABSTRACT

In nature there is only sound. Noise is formed in our head. Noise is not about decibels alone. Apparently, any sound can be perceived as noise. But what turns sound into noise? Who suffers most, and why? And is silence the answer? Noise is about context - and about consciousness. Therefore I will explore the sociology and psychology of noise: its relationship to power and its potential to mask other conflicts, its dependence on our inner state - and its liberating qualities. Because sometimes the fight against noise is worse than the noise.

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