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Congratulations Kelly Clarkson! The singer (and one-act actress, but we're not talking about it) confirmed that she welcomed a daughter Thursday. This is Clarkson's first child, and she says she knew it was going to be a girl. And not just because it was a good guess! I'm totally going to have a girl. I'm showing it! And when I have a girlfriend, you'll be like, This chick knew it! Clarkson told People in November, and then an ultrasound confirmed what she already knew. Only a girl will cause so much drama and vomiting, joked Clarkson on Twitter. Clarkson named her daughter River Rose. A beautiful name, but a question on everyone's mind, how long will it be before River Rose starts singing? Will there be a mother-daughter concert? I'd buy tickets for that! Let's move on! Follow Mark on Twitter. Image credit: Getty This content is created and maintained by a third party, and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content piano.io Kelly Clarkson is a very busy person these days. Along with starring as a coach on the hit singing competition The Voice, she is also gearing up for her new talk show premiere this fall, and is working on a new album. (Oh, and she does it all, being the doting mom of her absolutely adorable family. Since the winner of American Idol taking on so many roles, it should be no surprise that Kelly's net worth is (almost) as impressive as her powerhouse vocals. or you may be able to find more information on your website. Kelly released her debut album Thankful in 2003, just after winning American Idol, and reportedly signed a \$1 million contract with RCA Records. In 2015, Billboard reported that the label gave Kelly between \$1 million and \$3 million for each of her studio albums released under the company's leadership. But in 2016, she broke up with RCA after controversy over her not wanting to work with producer Dr Luke. In 2016, she signed with Atlantic Records for an undisclosed sum. This content is imported from Twitter. You can find the same content in a different format, or you may be able to find more information on your website. Throughout her career, Clarkson has released a total of eight studio albums that have sold millions of copies worldwide, according to Variety, which has helped add to its total net worth. She also headlined nine tours and co-headlined five tours from 2002 to 2019.Marriage with Brandon BlackstockClarkson Brandon Blackstock in October 2013, and they have two children of their own and two stepsons from Brandon's previous marriage. As any married couple knows, knows that every partner earns money that probably goes into the family. According to CelebrityNetWorth.com, Brandon, a talent manager, has a total net worth of \$5 million. This content is imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. Like many millionaires, Clarkson and Blackstock invested in real estate. In March 2017, the couple listed their Hendersonville, Tennessee, mansion for \$8,750,000. They originally bought the 20,000-square-foot waterfront estate for \$2,860,00, but added renovations that helped them earn quite a profit. This content is imported from Twitter. You can find the same content in a different format, or you may be able to find more information on your website. Clarkson joined The Voice as a coach in Season 14, and according to Radar Online, he was offered \$14 million for the concert thanks to a war with American Idol producers. She is reportedly the second-highest paid coach behind Blake Shelton, who has appeared on every season of the singing competition show since Season 1. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about it and similar content on piano.io Dougal Waters/Digital Vision/Getty Images Listening to Music may be a quick way to getting yourself in a better mood, but it's becoming increasingly apparent that there are far more benefits to music than just a quick boost to your worldview. Studies have shown that music has a profound effect on your body and psyche. Those who practice music therapy find an advantage in using music to help cancer patients, children with ADD, and others, and even hospitals are starting to use music and music therapy to help with pain management, to help prevent depression, to promote movement to calm patients to relieve muscle tension, and for many other benefits that music and music therapy can bring. This is not surprising since music affects the body and mind in many powerful ways. Below are some of the effects of music that help explain the effectiveness of music therapy: Studies have shown that music with a strong rhythm can stimulate brain waves to resonate in sync with the rhythm, with faster beats bringing sharper concentration and more alert thinking, as well as a slower pace promoting a calm, meditative state. In addition, studies have shown that changing the level of brain activity that music can bring can also allow the brain to shift speed more easily as needed, and this that music can bring long-term benefits to your state of mind, even after you have stopped listening. With changes in brain waves changes in other bodily functions. Those regulated by the autonomic nervous system such as breathing and heart rate can also be altered the changes music can bring. This can mean slower breathing, slower heart rate, and activation of relaxation response, among other things. Music and music therapy can help counteract or prevent the devastating effects of chronic stress, greatly contributing not only to relaxation but also to health. Music can also be used to bring a more positive state of mind, helping to keep depression and anxiety at bay. This can help prevent the stress response from wreaking havoc on the body and can help keep creativity and optimism higher, resulting in many other benefits. Music has also been found to bring many other benefits such as lowering blood pressure (which can also reduce the risk of stroke and other health problems over time), boost immunity, relieve muscle tension, and more. With so many benefits and such profound physical effects, it is not surprising that so many see music as an important tool to help the body stay (or become) healthy. For all these benefits that music can carry, it is not surprising that music therapy is growing in popularity. Many hospitals use music therapists to manage pain and other uses that support the health of their patients. For more information about music therapy, visit the American Music Therapy Association website. Although music therapy is an important discipline, you can also achieve many benefits from music on your own. (You may have already done this since you were a teenager, but it's a great idea to keep the music in your daily life as you age throughout your life cycle as we now know.) Music can be used in everyday life for relaxation, to gain energy when feeling drained, for catharsis when dealing with emotional stress, and in other ways as well. Most of us know from experience that music can dissolve the stress of a long ride, keep us motivated to exercise, and take us back to positive experiences in our past, which can be happiness booster and stress relief. Thank you for your feedback! What do you care? 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