

# The worms go in, the worms go out

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 [devblogs.microsoft.com/oldnewthing/20081216-01](http://devblogs.microsoft.com/oldnewthing/20081216-01)

December 16, 2008



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Neuroscientist Daniel Levitin, author of *[This Is Your Brain on Music: The Science of a Human Obsession](#)* (another book in the *[Catchy title: Long boring subtitle](#)* category), explains [why ABBA songs get stuck in your head](#). Meanwhile, [the Earworm Research Institute](#) has [some tips on how to get them out](#).

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