While scholars continue to investigate the social and biological bases of music's appeal, it has long been acknowledged that there are remarkable parallels between musical and emotional experience. *Music for Heart’s-ease* draws on the idea of art as experience, selecting from four centuries of piano repertoire pieces that speak to the listener about the graver aspects of the human condition. Through a variety of means - Baroque counterpoint, Classic era clarity, Romantic emotionality, or the informality of present-day self-expression - each selection has the potential to provide catharsis at some stage of the process of dealing with grief or loss. *Music for Heart’s-ease,* intended for distribution to those experiencing major life stresses, reminds us of this capacity for catharsis; an inestimable benefit to individuals, a fascinating subject for further study, and one of music's greatest values for society.