

RAGE, REVENGE & DEEP REGRET

NOW SERVING THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY

Though it's generally understood there's no gain in the acting out of such emotions against another, there are clearly situations when having the emotions of RAGE, REVENGE, AND DEEP REGRET are temporarily fitting in our steps toward healing searing pain. The right song at the right time, can satisfy something within and help move you through fierce emotions and out the other side. There's nothing like strong "I'm mad as hell and I'm not gonna take it anymore!" tunes to flush out anger to create a space for more productive emotions further up the scale.

"Become conscious of the energy level of the music you listen to. Harsh, pounding, musical vibrations with repetitive, loud sounds lower your energy level and weaken you and your ability to make conscious contact with intention. Similarly, the lyrics of hate, pain, anguish, fear, and violence are low energies sending weakening messages to your subconscious and infiltrating your life with similar attractor energies. If you want to attract violence, then listen to the lyrics of violence and make violent music a part of your life. If you want to attract peace and love, then listen to the higher musical vibrations and lyrics that reflect your desires."

-David R. Hawkins, M.D., Ph.D., *Power vs. Force*

Below are three suggested Playlists grouped by intensity. Some are highly charged but hint of empowerment. Others just blast a huge dose of resentment. It's all good! (for a brief time, anyway) So, if called for, go ahead...RAGE, REVENGE AND REGRET AWAY!

LIST A: LOW BOIL

Ain't Nobody's Business	Willie Nelson & Wynston Marsalis	Buy at Amazon	Download on iTunes
Army of Me	Christina Aguilera	Buy at Amazon	Download on iTunes
Because of You	Kelly Clarkson	Buy at Amazon	Download on iTunes
Not Ready To Make Nice	The Dixie Chicks	Buy at Amazon	Download on iTunes
Seven Years	Natalie Merchant	Buy at Amazon	Download on iTunes
Guilty	The Blues Brothers	Buy at Amazon	Download on iTunes
Inner City Blues (Make Me Wanna Holler)	Marvin Gaye	Buy at Amazon	Download on iTunes
I Can't Help You Now	Bonnie Raitt	Buy at Amazon	Download on iTunes
Jar of Hearts	Christina Perri	Buy at Amazon	Download on iTunes
The Question	The Moody Blues	Buy at Amazon	Download on iTunes
You Can Be Mean To Me	Haywood Banks	Buy at Amazon	Download on iTunes
Good Day	The Dresden Dolls	Buy at Amazon	Download on iTunes

There's A Stone Around My Belly	Darrell Scott	Buy at Amazon	Download on iTunes
You're So Vain	Carly Simon	Buy at Amazon	Download on iTunes
In The Name Of God	Michael Johnson	Buy at Amazon	Download on iTunes

LIST B: DONE AND ON FIRE!

Already Gone	The Eagles	Buy at Amazon	Download on iTunes
American Woman	The Guess Who	Buy at Amazon	Download on iTunes
Before He Cheats	Carrie Underwood	Buy at Amazon	Download on iTunes
Bring Me Some Water	Melissa Etheridge	Buy at Amazon	Download on iTunes
The Bitch Is Back	Elton John	Buy at Amazon	Download on iTunes
Evil Ways	Santana	Buy at Amazon	Download on iTunes
Hit Me With Your Best Shot	Pat Benatar	Buy at Amazon	Download on iTunes
Lives In The Balance	Jackson Browne	Buy at Amazon	Download on iTunes
Mother Mother	Tracy Bonham	Buy at Amazon	Download on iTunes
Run For Your Life	The Beatles		Download on iTunes
Shredding The Document	John Hiatt	Buy at Amazon	Download on iTunes
Smile	Lily Allen	Buy at Amazon	Download on iTunes
Stronger (What Doesn't Kill You)	Kelly Clarkson	Buy at Amazon	Download on iTunes
You're No Good	Linda Ronstadt	Buy at Amazon	Download on iTunes
What's Wrong With You?	Todd Snider	Buy at Amazon	Download on iTunes
Why'd You Lie To Me	Anastacia	Buy at Amazon	Download on iTunes

LIST C: THE ULTIMATE VENT (some contain explicit lyrics)

Another One Bites The Dust	Queen	Buy at Amazon	Download on iTunes
Bad Reputation	Joan Jett Rage Against The Machine	Buy at Amazon	Download on iTunes
Born of a Broken Man		Buy at Amazon	Download on iTunes
Get Over It	The Eagles	Buy at Amazon	Download on iTunes
I Was A Teenage Anarchist	Against Me	Buy at Amazon	Download on iTunes
Long Way Down	Goo Goo Dolls	Buy at Amazon	Download on iTunes
Novacaine For The Soul	Eels	Buy at Amazon	Download on iTunes
Nugget	Cake	Buy at Amazon	Download on iTunes

Personality Crisis
Scream With Me
Can't Hold Us Down
Shattered
War
You Give Love A Bad Name
You're Breaking My Heart

New York Dolls
Mudvayne
Christine Aguilera
The Rolling Stones
Edwin Starr
Anastacia
Harry Nilsson

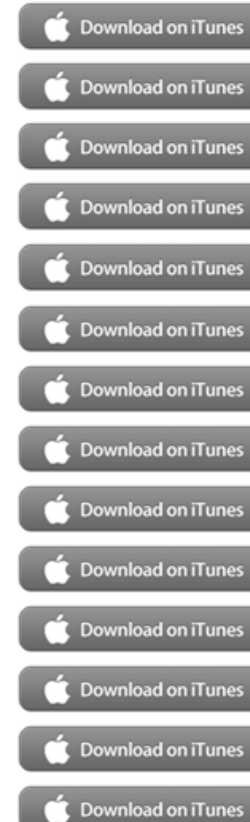


“RAGE , REVENGE & DEEP REGRET” MASTER LIBRARY

COUNTRY

Ain't No Way To Treat A Lady
A Boy Named Sue
Goodbye Earl
Harper Valley P.T.A.
The House That Built Me
I'll Say I'm Sorry Now
The Invisible Man
I've Got Dreams To Remember
The Last Thing I Needed
Low Places
Margaritaville
Picture
These Boots Are Made For Walking
Voice Inside My Head

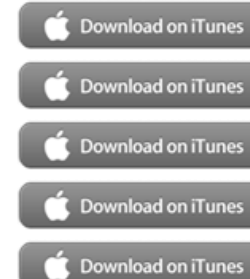
Helen Reddy
Johnny Cash
Dixie Chicks
Jeannie C. Riley
Miranda Lambert
Shawn Colvin
Darrell Scott
Delbert McClinton
Willie Nelson
Garth Brooks
Jimmy Buffet
Kid Rock & Sheryl Crow
Loretta Lynn
Dixie Chicks



FOLK

Bad, Bad Leroy Brown
Blowin In The Wind
Cain's Blood
Cat's In The Cradle
Dirty Hands

Jim Croce
Bob Dylan
Michael Johnson
Harry Chapin
Michael Johnson



Father And Son	Cat Stevens	Buy at Amazon	Download on iTunes
Fire And Rain	James Taylor	Buy at Amazon	Download on iTunes
I'm Sorry	John Denver	Buy at Amazon	Download on iTunes
In the Winter	Janis Ian	Buy at Amazon	Download on iTunes
The Jokes On Me	David Bromberg	Buy at Amazon	Download on iTunes
Little Glass Of Wine	Jesse Winchester	Buy at Amazon	Download on iTunes
Maggie May	Rod Stewart	Buy at Amazon	Download on iTunes
Masters Of War	Judy Collins	Buy at Amazon	Download on iTunes
Most of Yesterday	Wendy Woo	Buy at Amazon	Download on iTunes
My Faith Is Gone	Martin Sexton	Buy at Amazon	Download on iTunes
(No Such Thing As) Girls Like That	Christine Kane	Buy at Amazon	Download on iTunes
Not Dark Yet	Bob Dylan	Buy at Amazon	Download on iTunes
Operator	Jim Croce	Buy at Amazon	Download on iTunes
Rainy Day Woman	Bob Dylan	Buy at Amazon	Download on iTunes
The Revenge Song	Haywood Banks	Buy at Amazon	Download on iTunes
The Shit Song	Loudon Wainwright III	Buy at Amazon	Download on iTunes
Things To Come	Martin Sexton	Buy at Amazon	Download on iTunes
Think Of What You've Done	Dan Fogelberg	Buy at Amazon	Download on iTunes

POP

Everybody Plays The Fool	Aaron Neville	Buy at Amazon	Download on iTunes
Get Gone	Fiona Apple	Buy at Amazon	Download on iTunes
Love Someone	Dub FX	Buy at Amazon	Download on iTunes
The Letter	Natalie Merchant	Buy at Amazon	Download on iTunes
Missing You	John Waite	Buy at Amazon	Download on iTunes
My Way	Frank Sinatra	Buy at Amazon	Download on iTunes
Money Grabber	Fitz & The Tantrums	Buy at Amazon	Download on iTunes
Rolling In The Deep	Adele	Buy at Amazon	Download on iTunes
Set Fire To The Rain	Adele	Buy at Amazon	Download on iTunes
Rumor Has It	Adele	Buy at Amazon	Download on iTunes
Train In Vain	The Clash	Buy at Amazon	Download on iTunes
Winner Takes It All	Abba	Buy at Amazon	Download on iTunes

You Don't Own Me

Lesley Gore

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HEAVY METAL

Cum On Feel the Noize

Quiet Riot

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[Download on iTunes](#)

Hammerhead

Offspring

[Buy at Amazon](#)

[Download on iTunes](#)

Man In The Box

Alice In Chains

[Buy at Amazon](#)

[Download on iTunes](#)

ROCK / *HEAVY METAL / *PUNK

Another Brick In The Wall

Pink Floyd

[Buy at Amazon](#)

[Download on iTunes](#)

Are You Gonna Be My Girl

Jet

[Buy at Amazon](#)

[Download on iTunes](#)

Bye Bye Love

The Cars

[Buy at Amazon](#)

[Download on iTunes](#)

Chicago

Graham Nash

[Buy at Amazon](#)

[Download on iTunes](#)

Chrome Plated Heart

Melissa Etheridge

[Buy at Amazon](#)

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Cry Me A River

Justin Timberlake

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Fool's Game

Bonnie Raitt

[Buy at Amazon](#)

[Download on iTunes](#)

For What It's Worth

Buffalo Springfield

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Freedom Fighter

Creed

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[Download on iTunes](#)

*Hammerhead

The Offspring

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How Long

Ace

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Indian Reservation

Paul Revere & The Raiders

[Buy at Amazon](#)

[Download on iTunes](#)

I Hate Myself For Loving You

Joan Jett & the Blackhearts

[Buy at Amazon](#)

[Download on iTunes](#)

I Thought I Told You

Anastacia

[Buy at Amazon](#)

[Download on iTunes](#)

Joy

Harry Nilsson

[Buy at Amazon](#)

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Like The Way I Do

Melissa Etheridge

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Love Someone

DubFX

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Low Budget

The Kinks

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*Man in the Box

Alice in Chains

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Maxwell's Silver Hammer

The Beatles

[Download on iTunes](#)

My Generation

The Who

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The Needle and The Damage Done

Neil Young

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*No Phone

Cake

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Running With The Devil

Van Halen

[Buy at Amazon](#)

[Download on iTunes](#)

Sorry Seems To Be The Hardest Word

Joe Cocker

[Buy at Amazon](#)

[Download on iTunes](#)

Strong Enough	Sheryl Crow	Buy at Amazon	Download on iTunes
Violet	Hole	Buy at Amazon	Download on iTunes
Wasted Time	The Eagles	Buy at Amazon	Download on iTunes
When Will I Be Loved	Linda Ronstadt	Buy at Amazon	Download on iTunes
You Can't Always Get What You Want	The Rolling Stones	Buy at Amazon	Download on iTunes

ROCK / SOFT ROCK

Angry Eyes	Kenny Loggins	Buy at Amazon	Download on iTunes
Desperado	The Eagles	Buy at Amazon	Download on iTunes
Fools Game	Bonnie Raitt	Buy at Amazon	Download on iTunes
Nobody's Girl	Bonnie Raitt	Buy at Amazon	Download on iTunes
Ten Long Years	Eric Clapton & B.B. King	Buy at Amazon	Download on iTunes

SOUL

Black Rain	Ben Harper	Buy at Amazon	Download on iTunes
Bring Me My Shotgun	Lightnin' Hopkins	Buy at Amazon	Download on iTunes
But It's Alright	JJ Jackson	Buy at Amazon	Download on iTunes
F*ck It (I Don't Want You Back)	Eamon	Buy at Amazon	Download on iTunes
F*ck You	CeeLo Green	Buy at Amazon	Download on iTunes
I Will Survive	Gloria Gaynor	Buy at Amazon	Download on iTunes
Love Child	Diana Ross & The Supremes	Buy at Amazon	Download on iTunes
Respect	Aretha Franklin	Buy at Amazon	Download on iTunes