






























OVERWHELM, DOUBT & HALF EMPTY

This is a sticky juncture in your emotional guidance scale adventure! You're functioning okay. You appear "just fine." You're a distance out from The Pits or Rage, and gaining on the gates of Contentment, maybe even Hope. But you're still stuck in a low-grade pessimistic fever. Life feels blah. You're irritable. The theme is: Complaining. Nit picking. Negative attitude. Self-doubt. Making that leap up to Contentment is HUGE. You'd have to relinquish one of life's big payoffs- being right about how you - or they - suck! It requires giving up whining, heavy dramatic sighs, and magnifying what's wrong instead of focusing on what's working. Ready for a new payoff? Around the bend is more fun. Real joy. More love. More intimacy. More wild ideas that manifest, a slew of belly laughs, deeper peace - even when life is chaotic.

How does music fit in when you're on the fence? To drop off into the side of a more fun attitude, choose songs that drop kick you into grander possibilities. Or do you need to slow it down and have one last indulgence in "life's a drag" until you're sick of it? Or perhaps your doubt or dragging feet require a reminder that you have all you need to move forward?

Mixing all three song types will acknowledge the fear and negativity weighing you down, until it gets boring enough that you give up the fight and step into a more positive game. Both playlists flow from touching base with old doubt and worry, and into "Let's just move on, shall we?"

LIST A: SOULFUL DOUBT BUSTERS

Something's Wrong With the World	Chuck Canon		
I Am A Rock	Simon & Garfunkel		
Everybody Plays The Fool	Aaron Neville		
A Real Good Try	Josh Kelly		
Be Yourself	Graham Nash		
Cocoon	Jack Johnson		
It Will Rain	Bruno Mars		
Just Fine	Mary J. Blige		
Keep On Smilin'	Tommy Castro & The Pain Killers		
Everybody Is A Star	Sly & The Family Stone		
I Didn't Know My Own Strength	Whitney Houston		
Hey World (Don't Give Up)	Michael Franti		
Brave	Idina Menzel		
On The Road To Find Out	Cat Stevens		
Just Give Me A Reason	Pink & Nate Ruess		

Gee I'm Glad I Worried About That	Michael Johnson	Buy at Amazon	Download on iTunes
Dig Real Deep	Dakota Blonde		Download on iTunes
Keep on Growing	Wes Loper	Buy at Amazon	Download on iTunes
A Little Better	Gnarls Barkley	Buy at Amazon	Download on iTunes

LIST B: ROCKIN' OVERWHELM UP AND OUT

(I Can't Get No) Satisfaction	The Rolling Stones	Buy at Amazon	Download on iTunes
Nobody Knows You (When You're Down And Out)	Eric Clapton	Buy at Amazon	Download on iTunes
No Phone	Cake	Buy at Amazon	Download on iTunes
Mercy Mercy Mercy	Queen Latifah	Buy at Amazon	Download on iTunes
No One To Depend On	Santana	Buy at Amazon	Download on iTunes
A Woman's Worth	Alicia Keys	Buy at Amazon	Download on iTunes
Bad Moon Rising	Creedence Clearwater Revival	Buy at Amazon	Download on iTunes
I Am I Said	Neil Diamond	Buy at Amazon	Download on iTunes
Learn To Fly	Foo Fighters	Buy at Amazon	Download on iTunes
Breakaway	Kelly Clarkson	Buy at Amazon	Download on iTunes
Only The World	Mandisa	Buy at Amazon	Download on iTunes
Move In The Right Direction	Gossip	Buy at Amazon	Download on iTunes
Days Like This	Van Morrison		Download on iTunes
Beautiful	Christina Aguilera	Buy at Amazon	Download on iTunes
Follow Your Arrow	Kacey Musgraves	Buy at Amazon	Download on iTunes
Get Over It	The Eagles	Buy at Amazon	Download on iTunes

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COUNTRY

All Day Blues	Wes Loper	Buy at Amazon	Download on iTunes
Am I That Easy to Forget?	Leon Russell	Buy at Amazon	Download on iTunes
The Climb	Miley Cyrus	Buy at Amazon	Download on iTunes
Do It Or Die Trying	Darrell Scott	Buy at Amazon	Download on iTunes
Farther Down The Line	Lyle Lovett	Buy at Amazon	Download on iTunes

Glass	Darrell Scott	Buy at Amazon	Download on iTunes
Good Time Charlie	Danny O'Keefe	Buy at Amazon	Download on iTunes
I Don't Want To Hear It Anymore	Shelby Lynne	Buy at Amazon	Download on iTunes
I Will Rise Up/Ain't No More Cane	Lyle Lovett	Buy at Amazon	Download on iTunes
The Invisible Man	Darrell Scott	Buy at Amazon	Download on iTunes
This One's For The Girls	Martina McBride	Buy at Amazon	Download on iTunes
You Needed Me	Ann Murray	Buy at Amazon	Download on iTunes
You Think	Wes Loper	Buy at Amazon	Download on iTunes

FOLK

America	Simon & Garfunkel	Buy at Amazon	Download on iTunes
Blowin' In The Wind	Peter Paul & Mary	Buy at Amazon	Download on iTunes
Blue	Joni Mitchell	Buy at Amazon	Download on iTunes
Both Sides Now	Joni Mitchell	Buy at Amazon	Download on iTunes
Came So Far For Beauty	Jennifer Warnes	Buy at Amazon	Download on iTunes
Circle Dance	Bonnie Raitt	Buy at Amazon	Download on iTunes
Doctor Good Doctor	Guy Clark	Buy at Amazon	Download on iTunes
Everybody Has The Blues	James Taylor	Buy at Amazon	Download on iTunes
Gone	Jack Johnson	Buy at Amazon	Download on iTunes
Have A Good Time	Paul Simon	Buy at Amazon	Download on iTunes
Have A Little Faith	Dakota Blonde		Download on iTunes
The Higher You Climb	Dan Fogelberg	Buy at Amazon	Download on iTunes
I Want To Live	John Denver	Buy at Amazon	Download on iTunes
Light Rain	Geoff Muldaur	Buy at Amazon	Download on iTunes
Looking For Space	John Denver	Buy at Amazon	Download on iTunes
May You Never	Michael Johnson		
The One Thing I Know	Christine Kane	Buy at Amazon	Download on iTunes
Over The Rainbow	Eva Cassidy	Buy at Amazon	Download on iTunes
Part Of The Plan	Dan Fogelberg	Buy at Amazon	Download on iTunes
Rhymes And Reasons	John Denver	Buy at Amazon	Download on iTunes
Sweet Surrender	John Denver	Buy at Amazon	Download on iTunes
That's What Makes You Strong	Jesse Winchester	Buy at Amazon	Download on iTunes

The Things I've Gone and Done	Carrie Newcomer	Buy at Amazon	Download on iTunes
There's A Place In The World For A Gambler	Dan Fogelberg	Buy at Amazon	Download on iTunes
To Live Is To Fly	Guy Clark	Buy at Amazon	Download on iTunes
Waking Up	Peter Mayer	Buy at Amazon	Download on iTunes

INSPIRATIONAL / SPIRITUAL

Angel	Sarah McLachlan	Buy at Amazon	Download on iTunes
Calling All Angels	Jane Siberry/KD Lang	Buy at Amazon	Download on iTunes
God Speaking	Mandisa	Buy at Amazon	Download on iTunes
If I Were Brave	Jana Stanfield	Buy at Amazon	Download on iTunes
It's in Everyone of Us	David Pomeranz	Buy at Amazon	Download on iTunes
No Day But Today	Idina Menzel	Buy at Amazon	Download on iTunes
Return To Innocence	Enigma	Buy at Amazon	Download on iTunes
The Pressure Point	Sounds of Blackness	Buy at Amazon	Download on iTunes
Stand	Sounds of Blackness	Buy at Amazon	Download on iTunes
The Things I've Gone and Done	Carrie Newcomer	Buy at Amazon	Download on iTunes

POP

Are We All We Are	Pink	Buy at Amazon	Download on iTunes
The a Team	Ed Sheeran	Buy at Amazon	Download on iTunes
All By Myself	Eric Carmen	Buy at Amazon	Download on iTunes
Bad To Me	Billy J. Kramer	Buy at Amazon	Download on iTunes
Best I Can	Queensryche	Buy at Amazon	Download on iTunes
Brave	Idina Menzel	Buy at Amazon	Download on iTunes
Carry On	Fun	Buy at Amazon	Download on iTunes
Downtown	Petula Clark	Buy at Amazon	Download on iTunes
Just Give Me a Reason	Pink & Nate Ruess	Buy at Amazon	Download on iTunes
Good News	Melissa Manchester	Buy at Amazon	Download on iTunes
Hold My Hand	Hootie & The Blowfish	Buy at Amazon	Download on iTunes
Humble Me	Norah Jones	Buy at Amazon	Download on iTunes
Keep Holding On	Avril Lavigne	Buy at Amazon	Download on iTunes
Let's Face The Music & Dance	Diana Krall	Buy at Amazon	Download on iTunes
One and Only	Adele	Buy at Amazon	Download on iTunes

The Remedy(I Won't Worry)

Jason Mraz

Buy at Amazon

Download on iTunes

A Sunny Sky

Trevor Hall

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Try

Pink

Buy at Amazon

Download on iTunes

Unwell

Matchbox Twenty

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ROCK

Can't Miss What You Never Had

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She Will Never Learn
Standing Stone
Try A Little Tenderness
Walk On The Wild Side
What's Going On
Worried Life Blues
You Can Love Yourself

Tracy Chapman
Lupe Fiasco
The Dirty Heads
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