



“Without **music** life would be a **mistake**.”

~Friedrich Wilhelm Nietzsche

MUSIC TO MY EARS

Most of the “Head” chapters of the book, 21 Days to Change Your Body (and Your Life), have song titles in the headlines.

Why? Because music makes the world go around. Music makes our hearts sing. Music creates energy.

DAY 1:

Don't You Want Me, Baby?

80s icons The Human League knows that we will make it - with or without help.

DAY 2:

The Joke is On Me

Excellent song about mean people first performed by the Bee Gees and later The Wallflowers.

DAY 3:

Dirty Little Secret

We all have secrets, and maybe burning calories by dancing to this The All American Rejects tune is one of them.

DAY 4:

The Devil Inside

We all have a lil devil inside, don't we INXS?

DAY 5:

(Ain't Nothing Gonna) Break My Stride

Matthew Wilder reminds us to keep going, no matter what. Keep you eye on that prize.

DAY 6:

I Want You Bad

Offspring wishes we'd embrace our bad sides...hmm.

DAY 7:

I Can See Clearly Now

Johnny Nash reminds us that the day will come when we see things clearer...and we will prevail.

DAY 8:

Fear

Modern-boy Drake encourages us to be ourselves and abandon our fears of being judged.

DAY 9:

Bad to the Bone

This needs no description. George Thorogood.

DAY 10:

Time In a Bottle

Jim Croce's beautiful tune reminds us that time is slipping by and we can't save it or stop it.

DAY 11:

I Want to Break Free

Queen's ode to, well, breaking free.

DAY 12:

Breaking the Habit

Linkin Park's soul-igniting song that we, and only we, can break our habits.

DAY 13:

Constant Cravings

Cravings can be all-consuming, true, KD Lang.

DAY 14:

Suddenly I See

KT Tunstall's cheery ballad about figuring out what we really want to be.

DAY 15:

Fake It

Sometimes ya' just gotta fake it. Yup. Go Seether.

DAY 16:

Hold On

Wilson Phillips' song resonates with many who feel at the end of their rope. Hang on—it will get better.

DAY 17:

OMG Becky

OK, so that's not the name of the song, but it's my favorite line by some mean girls. The song? “I Like Big Butts,” by Sir Mix-a-Lot.

DAY 19:

Move Along

Another catchy All American Rejects's tune that inspires us to keep on moving, hoping & dreaming.

DAY 20:

Meant to Live

When things seem discouraging and you can't break out of your funk, Switchfoot's anthem to finding what you were meant to do will pump you right back up.

SONG LIST