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- || Rise and shine, Valentine| Now, pull me down beside your handsome face| Give me a taste of what it is I long for| Rise and shine, Prince of Minel Now, let me tell you a story of how you'd stay for the day and why you wouldn't be sorry! Your friends will forgive you! Put them out of your mind| They'll understand when they find out a woman needs you now| Rise and shine, Valentine| Now, I could use some of your help to displace this lace| So you can see what's in store| Rise and shine, Concubine| Now, there's no need for talking| Just have your way| Let me play| And then... I'll put on... the coffee||| Written by Meghan Morrison
- It's make or break with these strings! I've never been good with these kind of things! It's give or take in this life! I've never been good at selfless sacrifice| But I dream of abstract things| of beauty-bliss, of happiness| And I'll wait in this place, in this place| I've had my chance but now it's gone| I've had my days when I was strong, when I belonged| And I'm just another fool, not doing what he should | Trying to get by, I'm living social suicide! You can't mistake a look of pain! I've never been good at hiding mistakes! It's love or lust in this world! I've never been good at chasing the girll But I dream of abstract things of a lasting kiss, sliding up her dress And I'll wait in this place, in this place And I'm just another fool! Not doing what he could, to make it in this life! I'm living social suicide! And these walls they seem to fall! Killing me for walking tall! I can't pretend that I'll be fine! You've never seen me shine I'm living social suicide I'm living, I'm living And I'm just another fool I'm living social suicide 1,2,3,4. Written by e
- 3. BALL & CHAINIII Your arms fit me like a ball and chain! Where would I be without you? I Oh, your arms fit me like a ball and chain! Where could I be without you? Oh! You're puzzled at best by my cries to put all the poison aside! I resent you for all that I see changing me! Well at least I can say that I tried to push past the demons inside! Relentlessly failing me, you're soft but smothering! Ya de di! Your danger to me is a favour to the enemy! Oh! In wide open spaces I hide, with conscience alone as my guidel Your forced agendas and monarchy are caging mel Well at least you'll rely on self-pride until this farewelling subsides! So jealously trailing me, you're soft but smothering! Your danger to me is a favour! And it's a favour to me!!! Written by Meghan Morrison
- 4. FLY WITH THE ANGELZ||| When I'm sitting around with nothing to do, I'd rather be inside of you! Counting the hours, days, months of the year| But I'm our bed. You stand out above the crowd and in my head| I stand up just like before to think the thought of making love... To you! I fall in and then I'm here; more alone, alone| When I'm up in the clouds, nothing better to do, I wish you were here too| Flying around from the ground to the sound of the angelz| But I'm here; more alone, alone| Let's fly with the angelz, they can help us, save our lives| I need you to be, be my angel| I hope you'll concede, you're my angell I need you to be, more alone with mel Let's fly with the angelz, they can help us, save our lives, our lives, let's die with our smiles on, show we had our our good times! Yeah! Let's fly. Let's fly. Yeah! Let's fly. Let's fly. Oh! Let's fly... Let's fly with the angelz! Written by e
- 5. SONG THAT ONLY ANGELZ HEAR| Would you blame the sun for going away at the end of the day anyway? One more walk around the block to talk, before I take you in Will you hold my hand? | Will you squeeze it tight? | Will you be my friend, for the rest of the night? | Would you shame the stars for lighting your face, in all your glory, in all your grace? Some more time is all I need with you, So I can take you in Will you hold my hand? It just feels so right! To taste your lips, for the rest of the night! Do you feel me?! Will you keep me from falling all over again?! I need you here my dear, don't disappear! It wont be long! You are the only song that angelz hear! Don't disappear! My only fear is that you'll leave me here! There's nothing left to say! You are everything I need and everything I breathel So come on, come on take my hand I can't stand, the thought of losing you Or the things you do to make me who I am Do you feel me? Will you keep me from falling all over again? Oh, again... (fallin' all over, fallin' all over, fallin' all over) Written by e
- 6. PEOPLE, LIKE YOU!|| Passing your judgment like God on those who have harmed you not! Without even saying hello, you've already berated them so! Produced by Purl of Surf But they haven't done any wrong | Who cares how he walks? | Who cares if she stutters? | Who cares if they're not 'normal' by your ridiculous standards? | Who cares if she's bald? Who cares if he's cheesy? Who cares if you don't find them aesthetically pleasing? Why are you so hesitant to smile, but so willing to put them on trial? The stranger you have no intent to meet, you tarnish as they cross the street But they haven't done any wrong 'Cause they're all just people like you Living their day-to-day lives, their day-to-day struggles You blame this conversation on the smog It's the cause of your troubles in love, troubles finding happiness! But they haven't done any wrong! Admit it, you're lost! Admit it, you're reaching! Just looking for comfort, but I challenge your reasoning Admit it, you're lost Admit it, you're grieving For the one who is lacking is the one who is judging! 'Cause they're all just people, like you||| Written by Meghan Morrison

- Ask me again if I'd run away, leave these shades of grey behind| Ask me again if I'd run away and you'd hear me say yes this time| The secret of my eyes is found in what makes them sore, tearful and paralyzed, for they won't see yours anymore! The stolen song's my lullaby and my bags are packed by the door| My faith in you's worth a try, for they won't seem sore anymore when you ask me again ... | Ask me again, oh ask me again I promise I'll do it this time!!! Written by Meghan Morrison
- || And you can see it, inside, in your mind| And you can't wash it away, so you pray| That you wont feel it, any, anymore| Like you used to... Like you used to.... And it rains down, it falls down, she falls down, and crawls around And you can see him, inside, he's not kind And you can't get him away, so you pray that you wont feel it, any, anymore! You can't get used to... You just won't get used to, it...! She hasn't been the same since that day! She's gonna be okay, she's gonna break away! It rains down. It rains down! And she falls down and crawls around... Written by e
- 9. RELUCTANTLY You never admit when you've done me wrongl You never feel guilt 'cause you're a man, you're so strongl You've come to confess, well you've waited too long! You never can tell when I'm justified! Maybe you never will; apple in mouth, I'm hog-tied! You've come to confess. I don't believe that you've tried! Why feel you no remorse? How wield you not regret? though you're beholden to me: reluctantly in debt! Reluctantly, Always! They never found out, more than the precious few, how heavily you're burdened by the vicious truth| Could it really be that you have feelings too?| You'd never forfeit an ounce of senseless pridel How could the two of us ever coincide? Your request for status quo has been denied! So take your own hand and get it together Or take it all back again | Written by Meghan Morrison
- || I wake up to see your face, feel your grace| You stand out and I'm amazed at how you glow| I stand up, head for the door, to think the thought of coming home... To you! I break out and I'm reborn to love you more than the day before! And I wont back down, or mess you around! I wont let you down, when you say that I'm your everything And I feel so high, but I feel alive to be here with you, tonight...I I wake up to fall asleep in born to tell you this: "I'm always yours" I wont run away, or turn my back on you I wont ever stray, when you say that I'm your everything Since I know that you're my everything...| Written by e
- 11. STILLIII No relationship with me would ever be picture perfect! Because I'm difficult to live withI But I guess that I'm still worth it, 'cause after all these years, you're still here with me| And you're still dear to me| Hey ya hi yi| You accept my fear of growing old| And that my hands are always cold -except when you're near! You suspect I'm tossing most the night! You think I think I'm always right! Yet that's when you're here for me! You make it all clear for me| So say it ain't easy||| Written by Meghan Morrison
- 12. BITEIII If you're gonna bite, do it right! Use your lips and your teeth and your tongue! Make me scream "Oh!", all night! You can leave a mark, no I don't care | 'Cause I can hide it good wearing my underwear | Do do do do | Written by e
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All songs recorded by Kurt Mass and James McBride, except 7 and 10: recorded by Paul Riemans at Grant Avenue Studio Mixed by Kurt Mass, except 7 and 10 by Paul Riemans at Grant Avenue Studio, and 6 and 8 by Carl Sharp Mastered by Paul Riemans at Grant Avenue Front cover photography by Shah Imran Band photography by Crystal LeBlanc

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