

CD package design

LONG HARD DAYS

1. My Love	2:55	John Seeger	Guitars and Lead Vocals
2. She's Gonna Be Mine	5:05	Bernard Davis	Drums, Percussion, Keyboard, Vocals, Bass on "Big Town"
3. Long Hard Days	5:02		
4. One More Time	3:41	Lee Marvin	Bass
5. Life Is Wild	3:50	Bernard Davis	Co-Executive Producer
6. Big Town	2:35	John Seeger	Co-Executive Producer
7. Bookin'	4:07	Robert Melosh	Recording Engineer
8. Before This Love Runs Dry	4:18		Recorded and mixed at R.E.M. Recording Studios , Paramus, NJ
9. Love It Or Leave It	3:38	Paul Grundman	Mastering Engineer
10. Move On	3:55		Mastered at Bernie Grundman Mastering , Hollywood, CA

All songs written by **John Seeger**

JOHN SEEGER

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JOHN SEEGER

LONG HARD DAYS

CD Jewel Case - 8 page booklet

www.johnseeger.com

CD package design

MY LOVE

I got love. I got kisses, too.
Right here, baby. I'm on my way to you.
And nothing, 'said nothing,
Will ever get in my way.

It's yours for the taking,
It's mine for the giving.
My love, my love.

I got time, got money, too,
Right here, baby, in my pocket for you.
And nothing, 'said nothing,
Will ever get in my way.

It's yours for the taking
It's mine for the giving.
My love, my love.

My chance to get you back to me,
And be what I ought to be,
And nothing, 'said nothing,
Will ever get in my way.

I'm yours for the taking,
As long as I'm living,
My love, that's my love.

SHE'S GONNA BE MINE

Like a breeze in the summer,
A wave of inspiration fills my mind.
She walks right past you,
You want to know her name.

But there's no time, boy.
She's passing you by.

Laughing and arousing,
She mixing up emotions you can't hide.
She's laughing at you,
You ought to take a closer look inside, boy.

I'm bidding my time.
She's gonna be mine.

You see the way she turned and smiled,
You see the way she looks at me.
I know my love lies waiting in her arms.
Esta esperando, Alli.
You know my love lies waiting in her arms.
Esta esperando, Alli.

And in her arms, I know I'll never need another.
She's waiting on the corner,
She has her expectations and I've got mine.
I'm walking toward her,
I get the same sensation every time, boy.

I'm passing you by,
She's gonna be mine.

You see the way she turned and smiled
You see the way she looks at me.

I know my love lies waiting in her arms.
Esta esperando, Alli.
You know my love lies waiting in her arms.
Esta esperando, Alli.

And in her arms I know I'll never need another.
And in her arms I know I'll never need another.

MOVE ON

Move on.
Say goodbye and move on.
He's waiting there for you to turn around and say,
"It's gonna be OK.
Let's give it another try".
Believe his lies.

Move on.
Get your things, girl. Move on.
You've given everything
You thought you had in store,
Looks like he wants more.
That's just the way that it goes.

It doesn't matter what you thought,
Or the reason.
What you need now, life is gonna bring.
All your questions and answers will unfold,
Within time, you'll look at this as old.
So grab your coat, put your make-up on.
Let's go.

Move on.
Could you imagine the cost to stick it out?
You got his number, you know what he's about.
He's just another face, another waste of time,
You'll find another place, make another rhyme.
But this is your time to make it on your own.
Move on.

Move on.
It's not a question of who's wrong.
Now, you could stay,
And you could wait for things to change,
But listen to what I'm saying:
Outside the door,
There's so much more.

It doesn't matter what you thought,
Or the reason.
What you need now, life is gonna bring.
All your questions and answers will unfold.
Within time you'll look at this as old.
So grab your coat, put your make-up on,
Let's go,
Move on.



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BOOKIN' (Instrumental)

BEFORE THIS LOVE RUNS DRY

I was the one that always got caught in the middle.
You never did get a chance to break my heart.
You were the one living your life like a riddle,
Thinking and believing we'd never part.

Remember that time,
We almost killed each other in Vegas?
Should've known right then it could never last.
But I loved that girl from the day that I met her,
And I'll love her now till the day I die.

Better bring another round over here, brother,
Before this love runs dry.

Dry, like the sound
Of love when it's passing, waving goodbye.
Or dry, like the tears that once trickled
Down your cheeks when you cried.

I never did get answers to my questions,
And you never did get things you hoped to find.
Well, right or wrong,
They've all been misconceptions,
And some things are better off left behind.

Since I've been alone, it's been one big party.
Guess you got to be a man to understand.
But I loved that girl from the day that I met her,
And I'll love her now till the day I die.

Better bring another beer over here, brother,
Before this love runs dry.

LOVE OR LEAVE IT

I can't believe what they're selling me.
It's got to be that I just don't see.
With all their fancy colored lies,
Reaching out there to take your pride.

It ain't the money, you know. It ain't the time.
It's just the way they invade your mind.
But, you got to love it, baby, or leave it.

This ain't the place to change your mind.
It's just a race against time,
It ain't the place it used to be,
It used to be, baby, the place for me.

I was so proud, but I was deceived.
It's not the way that I believe.
But, you got to love it, boy, or leave it.

It's like the Romans have come to town,
And all the tables are turned around,
And all the words from way up high,
Are all deceptions that we can't buy.

I got the money, you know, I got the time,
But, it's the way they invade your mind.
But, you got to love it or leave it.

LONG HARD DAYS

I met a man I admire.
He comes from Mexico way.
He lives his life to inspire,
And does his thing his own way.
We'd sit around and conspire.
I could still hear him say;

Long hard days,
That's what I got when I came to this country.
Long hard days,
Until I made what I made for myself.
I did it on my own, I don't owe to nobody else.

We get our people from Asia,
And from Africa way.
Our friends across the Atlantic,
And every side of the bay.
And if you wanted to listen,
You could still hear them say;

Long hard days,
That's what I got when I came to this country.
Long hard days,
Until I made what I made for myself.
I did it on my own, I don't owe to nobody else.

They're coming here to be happy.
They're coming here to be free.
I think about my own parents,
And what they drilled into me.
When things didn't go my way,
I always knew what they'd say.
They'd say;

Long hard days,
That's what I got when I came to this country.
Long hard days,
Until I made what I made for myself.
I did it on my own, I don't owe to nobody else.

JOHN SEEGER



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ONE MORE TIME

Leaning on my pillow,
Thinking 'bout the life that I once knew.
Thinking up reasons
Why I keep doing the things that I do.
Well, making that change
Is always the big thing on my mind,
But when I make that turn,
I'm on the same road one more time.

Looking out my window,
Thinking 'bout the future of my little girl.
With these fat cat politicians
Keep talking and screwing our precious world.
With all their promises, re-appointments,
And all their lies,
Bringing us down that road again, child, now,
One more time.

BERNARD DAVIS



All my passion, All my reason,
And all my pride.
Keep pushing me out there, thinking
Tonight's gonna be my night.
But, all my sorrow, disappointment and all my
fright,
Follow me home, baby, now.
One more time.

Walking up my driveway,
Looking back at what I've done.
Speeding down the highway,
Making my money and having my fun.
I know in time they say,
It's gonna bleed me and leave me dry.
But when the morning comes, I'll hit that road
One more time.

All my passion,
All my reason,
And all my pride.
Keep pushing me out there, thinking
Tonight's gonna be my night.
But, all my sorrow, disappointment and all my fright,
Follow me home, baby, now.
One more time.

Laying down beside you,
Making light of what you said.
Making up my mind
To have my way with you, instead.
I know you say you're tired,
And you don't want no more of mine.
But when I close that door,
You'll be my girl.
One more time.

LIFE IS WILD

Left my home in an awful rage,
For some girl I met half my age.
She was fine, she was hot,
And I was lying.
Left her, too,
Now I got you,
And that's alright.

There's a girl that I used to know,
Make you feel like you're dipped in gold.
We were flying; don't know why she had to go.
Some day in this world, I know,
I'll find that girl.

Nothing like sweet perfume,
Nothing like a lady in bloom,
Nothing like lips of wine,
Nothing like eyes that shine,
Nothing like the velvet touch,
Of such a beautiful sight.

Never figured out who I am.
Guessing I never will, my friends.
Life is wild,
Bring your smile
Over here, sweet thing.
Sit right down and reach around
And hold me child.

Nothing like sweet perfume,
Nothing like a lady in bloom,
Nothing like lips of wine,
Nothing like eyes that shine,
Nothing like the velvet touch,
Of such a beautiful sight.

BIG TOWN

I live in a big town,
And I play where the big boys play.
They know me around town.
They know to stay out of my way.
My woman's a big girl,
She knows how to play my game.
When I'm walking with my girl,
People stop and whisper my name.
My life is open, it reads like a book.
I'll give you people a reason to look.
My buddies know me, where I can be found.
Where there's trouble, baby, you know I'm around.
My boys have a big sound,
They play laying rhythm down.
When I'm jamming with my band,
Well, that's the reason, baby, you know I am what I am.



LEE MARVIN

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CD Jewel Case - tray card / interior

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LONG HARD DAYS

CD Jewel Case - tray card / back

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CD Jewel Case - disc face

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JOHN SEEGER

LONG HARD DAYS


John's music is a composite of scenes from his life, all woven into a landscape of heart-felt lyrics. His songs are his stories, compelling illustrations of scenes from his journey; owner of Apple Construction Inc., a NYC-based construction company, Black Belt in Shorin Ryu Karate, a man fluent in Spanish and Japanese and a father of two.

The mosaic of his musical style is as diverse as the man himself. Sometimes bluesy, with a hint of funk, sometimes pop or folk rock, about a love lost or one soon to be found, about relationships and friends, but mainly about a man's quest to find, and to keep his heart's desires. The range of John's technical ability on the guitar knows no boundaries; Classical, Spanish, Electric, Acoustic, and Blues. You name it; John plays it and he really dishes it out on his new album, LONG HARD DAYS.

The cover song by the same name, LONG HARD DAYS, track #3, is featured by a music video created by TODAY VIDEO INC. Inspired by a comment made by an immigrant carpenter/friend John knew and worked with for many years, this song pays homage to the hardworking immigrants who built this country and is an anthem for those who continue to do so, driven by the goal of the American Dream.

John Seeger performs regularly in Manhattan with his band, Wa2C and this album is an affirmation that his emergence as an artist has truly arrived.

LONG HARD DAYS
music video by:



TODAY VIDEO INC.
www.todayvideo.com

check it out on youtube;
www.youtube.com/watch?v=9__X0mgeN5A

visit John Seeger's website for more info:
www.johnseeger.com

the music video

www.johnseeger.com