**Motivation Mix**

**Til Death – Wynter Gordon**

<https://www.youtube.com/watch?v=B41bc2WVqh0>

Why: The beat and techno track backing the vocals is an odd yet compelling mix. Great song to run to. The singers vocals are very dynamic.

**Return of the Mack – Mark Morrison**

<https://www.youtube.com/watch?v=uB1D9wWxd2w>

Why: All time feel good pump up song. Bravado and fun laced track.

**Gods & Monsters – Lana Del Ray**

<https://www.youtube.com/watch?v=FkgMbiVi_3E>

Why: Haunting and hypnotic vocals and sound loop on this song. Lana’s songs are always somewhat haunting, depressing, and yet falsely optimistic.

**Number One – Nelly**

<https://www.youtube.com/watch?v=r9mFZq-JMfs>

Why: Jam. Great warm up song for any sporting activity. Complete with vintage Nelly wearing the band-aid.

**Radio Nowhere – Bruce Springsteen**

<https://www.youtube.com/watch?v=fc4Dhpjwx3g>

Why: Raw and energetic Bruce song, a biting tirade on the music industry and current music trends.

**Come on Fee the Noise – Quiet Riot**

<https://www.youtube.com/watch?v=Haypxj24_Uw>

Why: Classic rock track, full of swagger and prideful lyrics. Unabashed self-affirming lyrics from a rockstar’s point of view.

**Badlands – Bruce Springsteen**

<https://www.youtube.com/watch?v=s2SQwRY2-s0>

Why: Another biting tirade yet this time regarding the politics and working class aspirations of the 1980’s. Holds up to the test of time.

**No Surrender – Bruce Springsteen**

<https://www.youtube.com/watch?v=u1rTI0oCe0E>

Why: Track about friendship and determination to make good on one’s aspirations and goals despite the tribulations of life.

**Keeping the Faith – Billy Joel**

<https://www.youtube.com/watch?v=ph7oZnBH05s>

Why: Amazing track regarding nostalgia and optimism regarding aging and looking back while having faith for the future.

**All About Soul – Billy Joel**

<https://www.youtube.com/watch?v=YSvomXlbTUM>

Why: Very powerful vocal track laced with solid backing vocals and a somewhat gospel feel and melody.