

Mp3 Matt Wahl - Sunshine State Of Mind



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Fun Loving, Sunny Day, Acoustic Music. 12 MP3 Songs FOLK: Traditional Folk, COUNTRY: Country Folk

Details: Hi There, Thanks for visiting my CD Babypage for my 5th CD, Sunshine State of Mind. This CD features 11 original songs and one of my favorite covers, Enjoy Yourself (Its Later Than You Think.)

Heres a little bit of information about each song: Find My Smile: I wrote this song in beautiful Phoenix Park in Downtown Eau Claire, WI. We sold our Wisconsin home in May and I wasnt scheduled to move to Tennessee until mid-October. Selling the house so early left me with a summer of freedom. Cynthia, my wife, asked me what I was going to do with all my time. I told her I was going to Find My Smile. The song is about taking a bit of time to do whatever brings a smile to your face. Sunshine State Of Mind: This song was inspired by an email I got from my friend Billy Peoples after we met in Key West. He said he would like to see me write more about the beach. Then he said, Just write about what you know. Being from Wisconsin, I may not know too much about the actual beach, but I think I know about the attitude of the beach. Thats what this song is about, the attitude and the ability to keep that attitude with you no matter where you are. Thanks Billy! I Get To Choose: One of the most powerful things I have ever learned is that I get to choose my thoughts, my feelings and my actions. No person or situation can make me think, feel or do anything. It is all up to me. This can be tough to remember in trying times. I can often fall into the habit of reacting, but its always so empowering to remember, I Get To Choose. Walk With Me Through Forever: Co-written with Jason Phillips. I was scheduled to play a party for Jason and his then fianc, now wife Jeana on Lake Geneva in Wisconsin. Jason sent me some of his lyrics to see if I could put them into a song in time for the party. This song is the result of our collaboration. Its about heading for a tropical paradise, leaving behind everything that doesnt feel authentic, sitting hand in hand on the beach under a palm tree, and watching the sunset with someone you love. Thanks Jason! A Simple Kind Of Fun: I got

stuck in traffic on the Florida Turnpike on my way to North Palm Beach, FL. Thats when this song started to take shape. I love parties and adventure and cramming as much as I can into every moment of life, but sometimes it feels good to simplify things a little bit. Like A Beer Commercial: This song is about a guy who doesnt have much real world experience. Hes never gone out and had too many beers before and hes never tried to pick up any ladies. But he has watched a lot of beer commercials on the television and he thinks he has things figured out by what hes seen on TV. This is about his day at the beach trying to Live Like A Beer Commercial. Theres No Way You Can Drink All Day (Unless You Start In The Morning): I saw that exact line on a bumper sticker on the back of an old pick-up truck the day after seeing Jimmy Buffett in Tinley Park, IL in August, 2003. We abided by that rule the day of the Buffett show! I was thinking about how much fun we had when that truck passed me and I instantly started writing this song. Nothing We Have To Do: This is about ditching all responsibility, hitting the open road and taking comfort in the thought that theres Nothing We Have To Do! Two Chairs: The morning after our wedding, Cynthia and I sat in two Adirondack chairs for a few hours, drinking coffee and just enjoying the day. Ever since then, weve had a thing for Adirondack chairs. A few years later, I got out of my car at the Lutsen Resort on Lake Superior and there were two Adirondack chairs looking out at the lake. I sat in one and wrote this about the empty chair next to me. Just Because: I put this on the CD just because! Its about my love of adventure and about my hopes to keep exploring for years to come. Windows Down: This song started in Naples, FL. It was a beautiful day and I had just traveled to sunny Florida from the frozen north. It felt so good to roll down all my windows and drive down the road with the wind whipping around. I had a baseball cap on and nothing to do all day! Its about leaving behind some of the thoughts and actions that dont make me happy and about feeling good for absolutely no reason other than being alive! Enjoy Yourself (Its Later Than You Think): I have been playing this song for a couple of years now and I love the words! I think it can be easy to forget how quickly life can pass us by and I use this song as a reminder to myself to enjoy it while I can! Thanks for reading. Enjoy the day! Take Good Care, Matt

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