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Deni Levato

HERE WE GO AGAIN



HERE WE GO AGAIN*

I throw all of your stuff away
Then I clear you out of my head
I tear you out of my heart
And ignore all your messages
I tell everyone we are through
'Cause I'm so much better without you
But it's just another pretty lie
'Cause I break down
Every time you come around
(Uh, Oh Uh, Oh)

So how did you get here under my skin
Swore that I'd never let you back in
Should've known better
Then trying to let you go
'Cause here we go go go again
Hard as I try I know I can't quit
Something about you is so addictive
We're fallin' together
You think that by now I'd know

'Cause here we go go go again

You never know what you want
And you never say what you mean
But I start to go insane
Every time that you look at me
You only hear half of what I say
And you're always showing up too late
And I know that I should say goodbye
But it's no use
Can't be with or without you
(Uh, Oh Uh, Oh)

So how did you get here under my skin
Swore that I'd never let you back in
Should've known better
Then trying to let you go
'Cause here we go go go again
Hard as I try I know I can't quit
Something about you is so addictive



We're fallin' together
You think that by now I'd know
'Cause here we go go go again

And again and again and again
I threw all of your stuff away
And then I cleared you out of my head
And I tore you out of heart
(Uh, Oh Uh, Oh)

So how did you get here under my skin
Swore that I'd never let you back in
Should've known better
Then trying to let you go
'Cause here we go go go again
Hard as I try I know I can't quit
Something about you is so addictive
We're fallin' together
You think that by now I'd know
'Cause here we go go

Here we go again
Here we go again
Should've known better
Then trying to let you go
'Cause here we go go go again
Again and again and again and again

*Written by Isaac Hasson, Lindy Robbins, Mher Filian
Published by IRH Publishing (ASCAP), Hey Kiddo Music
(ASCAP) administered by Kobalt Music Group, Ltd,
Part Time Buddha Productions (ASCAP).
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*Demi Lovato – vocals
Isaac Hasson – guitars, programming, synths
Dorian Crozier – drums
Kenny Johnson – bass
Mher Filian – programming, keys
Lindy Robbins – background vocals*

You speak to me
 And in your words I hear a melody
 But in the twilight it's so hard to see
 What's wrong for me

I can't resist
 Until you give the truth a little twist
 As if you're gonna get away with this
 You're not sorry

I can't believe I fell for this

I fell through the hole
 Down at the bottom of your soul
 Didn't think you could go
 So low
 Look at what you've done
 You're losing me
 Here's what you've won
 Got me planning to go
 Solo
 Solo

You sing to me
 Too bad you couldn't even stay on key
 If your life is such a mystery
 Why don't you just stick to acting?

Here you go again
 You couldn't find my number until when
 You thought that you could get to my best friend
 Without a script your game is lacking

I can't believe I fell for this

I fell through the hole
 Down at the bottom of your soul
 Didn't think you could go
 So low
 Look at what you've done
 You're losing me

Here's what you've won
 Got me planning to go
 Solo
 Solo

I'd rather go out to a party alone
 Than have to walk around with you on my arm
 Now that I'm proud to admit that we're done
 Good luck trying to find me....

'Cause I didn't think you could go
 So low
 Look at what you've done
 You're losing me
 Here's what you've won
 Got me planning to go
 Solo

*Written by Scott Cutler, Anne Preven, Demi Lovato
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 and Demi Lovato Publishing (ASCAP).
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*Demi Lovato - vocals
 John Fields - bass, guitars, keyboards, programming
 Will Owsley - guitars
 Dorian Crozier - drums
 Tommy Barbarella - synthesizers
 Ken Chastain - percussion, programming*



U GOT NOTHIN' ON ME*

Summer came you took me by surprise
The California sunshine in my eyes
Driving with the top down we sang along
To our favorite songs, nothing could go wrong
Laughing as we gazed under the moon
You kissed me and it never felt too soon
Hard to believe that anything could tear us apart
That you'd break my heart

Now I know who you are
U got nothing on me, I see
I should've known it from the start
(U got nothing on me)
You can't tell me lies
Don't even try 'cause,
This is goodbye, goodbye

Caught you from the corner of my eye
You smiled at a girl while passing by
Thought you had me fooled but you were wrong
I know what's going on, it didn't take me long
It wasn't hard to read between the lines
The necklace in your car that wasn't mine
Nothing left for you to do or say, so I'm on my way
Now it's too late

Now I know who you are
U got nothing on me, I see
I should've known it from the start
(U got nothing on me)
You can't tell me lies
Don't even try 'cause,
This is...

Goodbye to broken promises
Time to face your carelessness
Don't bore me with apologies
Or come back crawling on
your knees

U got nothin' on me, U got nothin' on me
I know who you are
Yeah I see I should've known it from the start
You can't tell me lies
Don't even try 'cause,
This is goodbye

Now I know who you are
U got nothing on me, I see
I should've known it from the start
(U got nothing on me)
You can't tell me lies
Don't even try 'cause,
This is goodbye,
Goodbye

*Written by Isaac Hasson, Mber Filian, Demi Lovato
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Buddha Productions (ASCAP), Seven Peaks Music of/blo
Itself and Demi Lovato Publishing (ASCAP).
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*Demi Lovato – vocals
Isaac Hasson – guitars, programming, synths
Dorian Crozier – drums
John Fields – bass
Mber Filian – programming, keys*

F A L L I N G O V E R M E

I'm standing in the center of the room
I watch the boys follow girls perfume
All is as it should be I assume
Except for the distance between me and you

You're standing as a flower on the wall
The room is still but we're about to fall
And all the names that brought us here
Simply fade away....

Who you are is falling over me
(Who you are is falling over me)
Who you are is everything I need
(Who you are is everything I need)

I'm hoping
I'm waiting
I'm praying you are the one
I'm hoping
I'm waiting
I'm praying you are the one

I can't believe that night turned into today
I used the line you were supposed to say
And all the names that brought us here
Now we have to thank

Who you are is falling over me
(Who you are is falling over me)
Who you are has got me on my knees
(Who you are has got me on my knees)

I'm hoping
I'm waiting
I'm praying you are the one

If you are I will wait I will follow
I'm here to stay
As long as we're promised tomorrow
I promise you today I'll wait
I'll wait
Who you are is falling over me
(Who you are is falling over me)
Who you are has got me on my knees
(Who you are has got my on my knees)

I'm hoping
I'm waiting
I'm praying you are the one
I'm hoping
I'm waiting
I'm praying you are the one

You are the one

*Written by Jon McLaughlin, Demi Lovato, John Fields
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(ASCAP), Straubervius Music (ASCAP).
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*Demi Lovato - vocals
Jon McLaughlin - piano, synthesizer, background vocals
John Fields - bass, guitars, keyboards, programming
Michael Bland - drums
Will Owsley - guitars
Ken Chastain - percussion, programming*

Jon McLaughlin appears courtesy of Island Records

Q U I E T

I hear what you're not saying
It's driving me crazy
It's like we stopped breathing in this room
We're both the last to be leaving
I know what you're thinking
I wish you'd make your move

It's much too quiet in here
I want to disappear
I'm hearing myself thinking too clear
It's too quiet in here
Make it all go away
Why can't we break this silence
Finally

It's like you know where I'm going
You follow me home but
I never invite you inside
I see what you're not showing
I've got you alone but
The air is so still it's weird

It's much too quiet in here
I want to disappear
I'm hearing myself thinking too clear
It's too quiet in here
Make it all go away
Why can't we break this silence
Finally

Don't stop don't stop
Telling me goodnight
Just promise you'll kiss me goodbye
What's taking so long?
Don't tell me you're not gonna try
The tension's building in my mind
I wanna scream and I know why

It's much too quiet in here
I want to disappear
I'm hearing myself thinking too clear
It's too quiet in here
Make it all go away
Why can't we break this silence
Finally

Make it all go away
It's so quiet in here

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and Demi Lovato Publishing (ASCAP).
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*Demi Lovato - vocals
John Fields - drums, bass, guitars, keyboards, programming
Jesse Astin - guitars
Ken Chastain - percussion, programming*

Before I fall
Too fast
Kiss me quick
But make it last
So I can see
How badly this will hurt me
When you say goodbye
Keep it sweet
Keep it slow
Let the future pass
And don't let go
But tonight
I could fall too soon
Under this beautiful moonlight

But you're so hypnotizing
You've got me laughing while I sing
You've got me smiling in my sleep
And I can see this unraveling
Your love is where I'm falling
But please don't catch me...

See this heart
Won't settle down
Like a child running
Scared from a clown
I'm terrified
Of what you do
My stomach screams
Just when I look at you
Run far away
So I can breathe
Even though you're
Far from suffocating me
I can't set my hopes too high
'Cause every hello ends with a
goodbye

But you're so hypnotizing
You've got me laughing while I sing
You've got me smiling in my sleep
And I can see this unraveling
Your love is where I'm falling

But please don't catch me...

So now you see
Why I'm scared
I can't open up my heart
without a care
But here I go
It's what I feel
And for the first time in my
life I know it's real

But you're so hypnotizing
You've got me laughing while I sing
You've got me smiling in my sleep
And I can see this unraveling
Your love is where I'm falling
So please don't catch me
If this is love please don't break me
I'm giving up so
Just catch me

*Written by Demi Lovato
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and
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*Demi Lovato - vocals
John Fields - bass, guitars, keyboards,
percussion
Dorian Crozier - drums
Will Owsley - phasor guitar
Stephen Lu - string arranger, conductor
Eric Gorfain - violin
Daphne Chen - violin
Wes Precourt - violin
Radu Pieptea - violin
Lauren Chipman - viola
David Sage - viola
Richard Dodd - cello
Matt Cooker - cello
Chris Anderson-Bazzoli - copyist*

C A T C H M E

You told me on a Sunday
That it wasn't gonna work
I tried to cry myself to sleep
'Cause it was supposed to hurt
We sat next to the fire
As the flame was burning out
I knew what you were thinking
Before you'd say it aloud

Don't say you're sorry, 'cause I'm not even breaking
You're not worth the time that this is taking

I knew better then to let you break my heart
This soul you'll never see again, won't be showing scars
You still love her I can see it in your eyes
The truth is all that I can hear
Every time you lie

I woke up the next morning
With a smile on my face
And a long list of gentlemen
Happy to take your place
Less trashier, much classier
Then who you prove to be
How long's it gonna take before
You see that she's no me

I knew better then to let you break my heart
This soul you'll never see again, won't be showing scars
You still love her I can see it in your eyes
The truth is all that I can hear
Every time you lie

At night, awake
I will be sleeping till morning breaks
That's the price you pay, for your mistakes
Goodbye to dreaming

So don't say you're sorry, because I'm not gonna listen

I knew better then to let you break my heart
This soul you'll never see again, won't be showing scars
You still love her I can see it in your eyes


The truth is all that I can hear
Every time you lie

*Written by Jon McLaughlin, John Fields, Demi Lovato
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Jon McLaughlin - piano, synthesizer
John Fields - bass, guitars, keyboards, programming
Michael Bland - drums
Ken Chastain - percussion, programming
Stephen Lu - string arranger, conductor
Eric Gorfain - violin
Daphne Chen - violin
Wes Precourt - violin
Radu Pieptea - violin
Lauren Chipman - viola
David Sage - viola
Richard Dodd - cello
Matt Cooker - cello
Chris Anderson-Bazzoli - copyist*

Jon McLaughlin appears courtesy of Island Records

E V E R Y T I M E Y O U L I E



I can't take your hand and
Lead you to the water
I can't make you feel what you don't feel
But you know you wanna
Find out how to crack me
Log in try to hack me

Underneath the surface
There's so much you need to know
And you might feel like you're drowning
But that's what I need to let go

Tell me what you got to break down the walls
You just might need dynamite
Tell me what you got to break down the walls
Kick senseless, my defenses
Tell me what you're gonna do
I need you to light the fuse
Tell me what you got to break down the walls
You just might need dynamite

Got dynamite?
Got dynamite?

I can't paint this picture
Just so you can hang it
I can't wait for you to understand
If you just don't get it
Find out how to crack me
Log in try to hack me

Underneath the surface
There's so much you need to know
And you might feel like you're drowning
But that's what I need to let go

Tell me what you got to break down the walls
You just might need dynamite
Tell me what you got to break down the walls
Kick senseless, my defenses
Tell me what you're gonna do

G O T D Y N A M I T E **

I need you to light the fuse
Tell me what you got to break down the walls
You just might need dynamite

When the walls come crashing down
I hope you're standing right in front of me
Where my past lies all around
'Cause all you to need to save me is to intervene
And make the walls come crashing down


Got dynamite

Tell me what you got to break down the walls
You just might need dynamite
Tell me what you got to break down the walls
Kick senseless, my defenses
Tell me what you're gonna do I need you to light the
fuse
Tell me what you got to break down the walls
You just might need dynamite

Got dynamite?
Got dynamite?
Got dynamite?
Got dynamite?

*Written by Gary Clark, E. Kidd Bogart, Victoria Horn
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*Demi Lovato – vocals
Gary Clark – all instruments, programming
Nikki Flores – additional background vocals
Acoustic Drum Samples: Geoff Dugmore's Brutal Beats
from Zero-G*



STOP THE WORLD

I don't know why, I don't know why I'm so afraid
I don't know how, I don't know how to fix the pain
We're livin' a lie, livin' a lie this needs to change
We're out of time, we're out of time and it's still the same

We can't stop the world, but there's so much more that
we could do
You can't stop this girl, from falling more in love with you,
You said 'nobody has to know',
Give us time to grow, and take it slow,
But I'd stop the world, if it'd finally let us be alone
Let us be alone

I'm hearing the noise, hearing the noise from all around
I'm on the edge, I'm on the edge of breaking down
Like Bonnie and Clyde, let's find a ride, and ditch this
town
To keep it alive, keep it alive, don't make a sound

We can't stop the world, but there's so much more that
we could do
You can't stop this girl, from falling more in love with you,
You said 'nobody has to know',
Give us time to grow, and take it slow,
But I'd stop the world, if it'd finally let us be alone
Let us be alone
Never wanna take that final look
I'll turn another page, won't close the book

We can't stop the world, but there's so much more that
we could do
You can't stop this girl, from falling more in love with you,
You said 'nobody has to know',
Give us time to grow, and take it slow,
But I'd stop the world, if it'd finally let us be alone
Let us be alone

*Written by Nick Jonas, Demi Lovato, P.J. Bianco
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*Demi Lovato - vocals
Nick Jonas - drums, guitars, vocals
John Fields - bass, guitars, keyboards, programming, vocals
Will Owsley - guitars*

WORLD OF CHANCES

You've got a face for a smile you know
A shame you waste it when you're breaking me slowly
But I've got a world of chances for you,
I've got a world of chances for you,
I've got a world of chances,
Chances that you're burning through

I've got a paper and pen
I go to write you goodbye and that's when I know
I've got a world of chances for you,
I've got a world of chances for you,
I've got a world of chances,
Chances that you're burning through

Oh, I'm going my own way
My faith has lost its strength again
Oh, it's been too hard to say
We've fallen off the edge again
We're at an end
We're at an end

Maybe you'll call me someday
Hear the operator say the number's no good and that
She had a world of chances for you,
She had a world of chances for you,
She had a world of chances,
Chances you were burning through

Written by John Mayer, Demi Lovato
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Demi Lovato - vocals
John Mayer - guitars
John Fields - bass, keyboards, drums
Ken Chastain - percussion, programming
Stephen Lu - string arranger, conductor

Eric Gorfain - violin
Daphne Chen - violin
Wes Precourt - violin
Radu Pieptea - violin
Lauren Chipman - viola
David Sage - viola
Richard Dodd - cello
Matt Cooker - cello
Chris Anderson-Bazzoli - copyist

John Mayer appears courtesy of Columbia Records

REMEMBER DECEMBER

I feel separation coming on
'Cause I know you want to be moving on
I wish it would snow tonight
You'd pull me in, avoid a fight
'Cause I feel a separation coming on
Just prove, that there is nothing left to try
'Cause the truth, I'd rather we just both deny
You kissed me with those open eyes
It says so much, it's no surprise
To you, but I've got something left inside

Don't surrender, surrender, surrender
Please remember, remember, December
We were so in love back then,
Now you're listening
To what they say
Don't go that way
Remember, remember, December
Please remember,
Don't surrender.....

You said, you wouldn't let them change your mind
'Cause when we're
Together fire melts the ice
Our hearts are both on overdrive
Come with me, let's run tonight
Don't let these memories get left behind

Don't surrender, surrender, surrender
Please remember, remember, December
We were so in love back then,
Now you're listening
To what they say
Don't go that way
Remember, remember, December
Please remember,
Don't surrender.....

I remember us together
With a promise of forever
We can do this, fight the pressure
Please remember December

Written by John Fields, Demi Lovato, Anne Preven
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Demi Lovato - vocals
John Fields - bass, guitars, keyboards, programming
Will Otway - guitars, synthesizers, vocals
Dorian Crozier - drums
Michael Bland - programming
Tommy Barbarella - synthesizers
Ken Chastain - percussion, programming



EVERYTHING YOU'RE NOT

I've been bruised and I've been broken
Can't believe that I put up with all this pain
I've been used and I was choking on the promise
I would never fall again

I used to sing to your twisted symphony
The words that had me trapped inside your misery
But now I know
The reason why I couldn't breathe

'Cause all I want is everything you're not
So go ahead and slam the door
'Cause you can't shut me out
And no I don't, I don't care what you say
'Cause all I really, all I really want
Is everything you're not
Everything you're not not not

Your darkness was my weakness but it turns out
That it only went so deep
A meaningless diversion that is all that you
Ever meant to me

And I am done with your twisted symphony
The words that had me sound like stolen poetry
I tore the pages and I can finally breathe

'Cause all I want is everything you're not
So go ahead and slam the door
'Cause you can't shut me out
And no I don't, I don't care what you say
'Cause all I really, all I really want
Is everything you're not

I want a gentleman who treats me like a queen
I need respect, I need love
nothing in between



*Written by Toby Gad, Lindy Robbins, Demi Lovato
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*Demi Lovato - vocals
John Fields - bass, guitars, keyboards, programming
Will Owsley - guitars, aah vocals
Dorian Crozier - drums
Ken Chastain - percussion, programming*

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BONUS TRACKS

GIFT OF A FRIEND***

*Written by Adam Watts, Andy Dodd, Demi Lovato
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SO FAR SO GREAT

*(from the Original TV series Sonny With A Chance)†
Written by Aris Archontis, Jeannie Lurie, Chen Neeman
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I will not spell it out for you if you can't see
'Cause you're not worthy, you don't deserve me
And now I'm gone

Everything you're not, not, not
Everything you're not, not, not

'Cause all I want is everything you're not
So go ahead and slam the door
'Cause you can't shut me out
And no I don't, I don't care what you say
All I really, all I really want
Is everything you're not

Never gonna break my heart again,
Never gonna see your face again
Never wanna feel this way again

Produced by John Fields except where indicated below
Recorded by John Fields at Wishbone (LA)
Additional Recording by Paul David Hager, Will Owsley,
Ken Chastain
Strings recorded by Steven Miller @ Ocean Way Studios (LA)
assisted by Wesley Seidman
Mixed by Paul David Hager & John Fields, except "Solo" Mixed
by Chris Lord-Alge

** "U Got Nothin' On Me" & "Here We Go Again"
Produced by SuperSpy
Engineered by SuperSpy, Simon Sampath-Kumar, Dorian
Crozier, Jason Coons
Recorded at SuperSpy Studios, Resonate Studios, Safe House
Studios, The Jungle Room
Mixed by Chris Lord Alge

** "Got Dynamite"
Produced by Gary Clark
Recorded by Gary Clark at The Treehouse, Studio City, CA
Mixed by Paul David Hager

*** "Gift Of A Friend"
Produced & Recorded by Andy Dodd & Adam Watts for Red
Decibel Productions
Mixed by Bob Clearmountain

† "So Far So Great"
(from the Original TV series *Sonny With A Chance*)
Produced by Aris Archontis, Chen Necman & Jeannie Lurie
Mixed by Aris Archontis

Mastered by Dave McNair at Masterdisk NYC

A&R: Jon Lind

A&R Coordinator: Gindy Warden

John Mayer appears courtesy of Columbia Records

Jon McLaughlin appears courtesy of Island Records

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My family - You show me unconditional support and you are the reason I am still going strong today. Mom, Step dad, Aunt Lisa, Dallas, and Madison... with you, I can do anything and all things. Thank you guys, I love you with all of my heart.

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Rob Brenner - You're incredible. Thank you for making my dreams on stage come true. "Are you ready?! I can't hear you!!!!"

Gary Westman - You know I would love to put your nickname but out of my respect, I will refrain from doing so. :) You make anything and everything happen. You even put up with waking me up early in the mornings... and that's tough!!! Thank you for everything you do. I love you and your family.

Terry Staley - You're so great, thank you for your hard work!!!!

Michelle T, wardrobe and Megan - I love you girls! You make fittings so much fun... Thank you for everything!!

Sammy and Bruce Wayne - The two of you are so talented, thank you for always making me feel so beautiful.

Cam Beachley, Robert Rankin, Carl Golembeski, John Labriola - Thank you for all of your hard work! You guys are so awesome.

To everyone at CAA - you guys are the best, thank you so much for your hard work!!!

To Bob, Abbey, Jon and everyone from Hollywood Records - I wouldn't ask to be on any other label, thank you for believing in me.

To Rich, Gary and everyone from Disney Channel - Thank you for my start in this business and allowing me to work closely with my best friends. I love this company. You all have become my family and I'm so blessed with the opportunities you've given me. I can't thank you enough.

Jon McLaughlin, William Beckett Jr., John Mayer - From day one of the creative process of this album, I had a list of people it would be a dream to write with. I would've never thought in a million years that I would actually get to write with the three of you. You are some of my all-time favorite lyricists, and musicians and I can't believe you wanted to work with ME on my album. From the advice you all gave me, to the encouragement, I thank you so much for these opportunities. I am still your biggest fan.

To the people who inspired this album - Some of you I can't stand, some of you I want to hate....but I can't, and one of you I will love unconditionally through the highest and the lowest of times. And even though we can't stop the world...I can promise you will have my heart forever. "We got this." Thank you for the best inspiration to make this album.

Creative Director: David Snow
Art Direction & Design: Gavin Taylor
Photography: Sheryl Niels

1. USHR10924472 / 2. USHR10924474 / 3. USHR10924470 / 4. USHR10924473
5. USHR10924471 / 6. USHR10924476 / 7. USHR10924477 / 8. USHR10924480
9. USHR10924475 / 10. USHR10924482 / 11. USHR10924478 / 12. USHR10924504
13. USHR10924483 / 14. USHR10936648



1. HERE WE GO AGAIN*
 2. SOLO
 3. U GOT NOTHIN' ON ME*
 4. FALLING OVER ME
 5. QUIET
 6. CATCH ME
 7. EVERY TIME YOU LIE
 8. GOT DYNAMITE**
 9. STOP THE WORLD
 10. WORLD OF CHANCES
 11. REMEMBER DECEMBER
 12. EVERYTHING YOU'RE NOT
- BONUS TRACKS
13. GIFT OF A FRIEND***
 14. SO FAR SO GREAT
(FROM THE ORIGINAL TV SERIES
SONNY WITH A CHANCE)†

a&T: Jon Lind

produced by John Fields *except as indicated*

produced by* SuperSpy *produced by* Gary Clark ****produced by* Andy Dodd & Adam Watts *for* Red Decibel Productions

†*produced by* Aris Archontis, Chen Neeman & Jeannie Lurie

management: Philip McIntyre & Kevin Jonas *for the* Jonas Group
& Eddie De La Garza *for* De La Garza Entertainment Inc.

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