

THE LIFE TRILOGY

by
Bev Wills



forward by Derek fremd

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Contents

Page

Forward by Derek Fremd	4
Introduction	5
Album One - The Human Condition	
☒ Running Order	7
☒ Overview	7
☒ Introduction to Reality	9
☒ Carolyn	10
☒ Cynical	11
☒ Greed	12
☒ Angry	13
☒ The Warning	14
☒ No Comprendo Baby!	15
☒ You're Back	16
☒ Tryin' To Seem Normal	17
☒ Shade of Grey	18
☒ Core Critical	19
Album Two - Upwardly Mobile	
☒ Running Order	20
☒ Overview	20
☒ 21st Century Bad Girl	22
☒ I Am	23
☒ Go For It	24
☒ Standing Alone	25
☒ Material (The Case For Money)	26
☒ Think Of Me And Smile	27
☒ MISS You	28
☒ Imagination	29
☒ Choices	30
☒ Look Inside	31
☒ Pride	32
Album Three - Starting Out from Nowhere	
☒ Running Order	33
☒ Overview	33
☒ Nowhere	35
☒ Fire	36
☒ The Big Question	37
☒ Mayflower Power	38
☒ Desperate Man	39
☒ Just Not Strong Enough	40
☒ Revenge	41
☒ Nostalgia	42
☒ Damn The Demons	43
☒ What Doesn't Kill You...	44
☒ Checkin' Out	45
Epilogue	46
Chronology	47
Contact Information	48

Forward

I met Bev Wills 20 years ago through our mutual friend and percussion guru Ken Grohowski (RIP) without whom none of this would have been possible. While a literal ocean has separated us over the years, we have remained the best of friends and brothers (must be the English blood that courses through both of us although as an American mine is a bit more diluted than his!)

Strangely, Bev has come along with his creativity and indomitable spirit at what were in hindsight some crossroads in my life. The second go-around of music...which you are reading about now...is the result of remarkable coincidences which are chronicled elsewhere but bear some repeating. I had begun a new phase of life and after some profound life experiences I had given up on music and the guitar. My life had so changed and turned inward that I had not spoken to Bev in several years. On my way to the music store to sell my several guitars (I was tired of them cluttering the house) my cell phone rang and it was Bev. We discussed revisiting some of the old tunes we never got around to recording and in his softly convincing way, I was ready for another go. I turned the car around.

Another coincidence: around the same time I was at the supermarket and ran into an old colleague with whom I worked many years ago on music instructional videos. Gary Grant Bosko had always impressed me as a recording producer and engineer of remarkable talent and creativity. He is a relentless perfectionist. Gary still had his recording gear and a studio and my immediate phone call after hanging up with Bev was to Gary. He was interested in doing the project. Even better, his setup was only a couple blocks away from my house.

As Bev and I would find out later, Gary brings an incredible amount of technique and creativity to our songs in the studio and we regard him as the "third leg of the stool." I smile when I think about the wide eyed look he gets behind the mixing board when an idea strikes him...like a mad scientist in the lab.

Before tracks could be finished, the bass player backed out of the project. And then our drummer friend Ken had to also withdraw on medical grounds. He tragically died suddenly in February 2011. The Fates intervened once again and brought us the consummate professionals Al Negro and Rodrigo Valente who entered our story, laid down masterful bass and drum tracks on short notice and became 'critical' to our musical 'core'.

Probably the most remarkable part of this journey is to discover how in sync Bev and I are musically. We both think in the exact same terms and there seems to be some sort of telepathy involved when I receive a set of lyrics. I will go to work writing music and it flows naturally and effortlessly, like tapping into some kind of source that cannot be seen. After playing the music back to Bev he will remark that it is exactly the way he was hearing it in his head. Another coincidence that repeats itself.

Perhaps the reason is that our personalities are opposites. He is a stubborn optimist that finds the positive in every occurrence and lives life eagerly greeting the opportunities afforded by each new day. I on the other hand am more of a...well..."glass-less-than-half-full" guy. And it is in this dichotomy that the music is forged. Yin and Yang. At least that's my story and it makes good copy...

Enjoy this book and please check out the music...

Derek Fremd

Introduction

After an absence of 18 years, a series of bizarre events resulted in me once again being the lead singer in a rock band! Miami based 'Core Critical' came to life in the summer of 2010. One of the catalysts for this was a long term friendship with my band mate Derek Fremd.

Back in 1993 he penned a wonderful, autobiographical, rock ballad called 'Carolyn'. Our last band split up before we got the chance to record it. I loved the song and over the years, whenever we met up, I always said "we have to do Carolyn before we die!" Thanks to a great producer called Gary Grant Bosko that chance came in the fall of 2010.

Originally, the thought was to produce a single with Carolyn and another song Derek and I had written those long years ago called The Warning. However, the right side of my brain had other ideas and I hit a rich vein of inspiration to write sufficient lyrics to do a whole album! Being at a 'mature' age I ended up writing about life. Things I had experienced or observed along the way.

To my delight and surprise, Derek took my words and melody lines and added amazing music to compliment and reflect the spirit of each song. On December 19 2010 'The Human Condition', the debut album by Core Critical, became available for download. The website followed on Christmas Day and we were back in the music business for real.

The Human Condition examines relationships between people on both a macro and micro level - macro relating to society in general and micro relating to personal relationships.

Happily, it quickly became obvious that getting back together had been a good idea! I knew we would need more songs and the concept for 'Upwardly Mobile' came along. I thought it would be good to write songs that built on the observations of the human condition in the first album and explore ways to win, or at least get some happiness, in the world we live in.

With Upwardly Mobile almost complete I wrote the words to a song called 'Nowhere'. This song wouldn't fit with the theme of Upwardly Mobile, but it gave me the idea for a third album called 'Starting Out from Nowhere'. This third album deals with some big issues that we all face like being in a rut, depression, death, but with the underlying message that no matter how bad a place you start from, you can succeed. With that, 'The Life Trilogy' was completed.

Given the subject matter - life, there is a great deal of emphasis in my words on self examination and improvement. I am a 'cup half full' person, so I always believe there is a way to win, no matter how dark it appears and this is reflected in each album.

As the story has progressed, people reading my words have started to suggest that my songs are poetry put to music, rather than just lyrics. The thought of being considered a 'Rock Poet' is very flattering, all the more so as people I respect have encouraged me to bring it all together in this book.

The format is to look at each album separately. For each one there is an overview and a paragraph by me on the inspiration behind each song.

Writing about life has been a very enlightening thing for me to do on a personal level. It has made me confront issues in my own psyche and in many ways the whole experience has been a catharsis.

Introduction

I hope anybody taking the time to read my poems/lyrics (you choose!) will find at least a few that resonate with their life experiences. I mean it with great sincerity when I say that if my words actually help just one person, even if it just means they realize that they are not alone and others feel the same way as they do about an issue, then I will be very happy.

I close with the sentiment of the song 'Core Critical' - I wish you a strong inner self for your journey of life.....

Bev Wills



THE HUMAN CONDITION

Eleven songs that discuss things going on in the world at large, human behaviour in general and a few specific relationships come under the microscope.....

Running Order

1. Introduction to Reality
(Wills/Fremd)
2. Carolyn
(Fremd)
3. Cynical
(Wills/Fremd)
4. Greed
(Wills/Fremd)
5. Angry
(Wills/Fremd)
6. The Warning
(Wills/Fremd)
7. No Comprendo Baby!
(Wills/Fremd)
8. You're Back
(Wills/Fremd)
9. Tryin' to Seem Normal
(Wills/Fremd)
10. Shade of Grey
(Wills/Fremd)
11. Core Critical
(Wills/Fremd)



Introduction to Reality The point of this song is that we all start out young and innocent and life makes us grow tougher and street wise, but usually not before a few traumatic experiences.

Carolyn This song is all down to Derek. He wrote it on a dark night many years ago. The song encompasses several themes...romantic misadventure, how the wreckage caused by decisions we make shapes our lives, how a person can die while the body keeps living, and how in the end life just goes on. I have always loved this song and am so happy we finally have the chance to share it with a wider audience.

Cynical I guess it's an age thing, but the longer I'm here the more cynical I get! One day I just wrote down examples of all the things that make me think - 'Yeah, right'. Add a one line chorus and a song is born.....

Greed I was talking to somebody on the phone about something happening in the world at that time. I said to him: "Its all about me and now and don't care how..." The next day that was the first line of the chorus. Sadly, one human trait you can usually rely on is greed. T'was ever thus...

Angry One of the great things about writing is it gives you the chance to sound off about things you don't like! I got my shortlist and here it is in Angry. The first verse is all about 9/11, which has had such a big impact on so many people. The second verse is pretty self explanatory and the chorus just reflects my frustration that these types of people exist when they add nothing good to the world.

The Warning This one is different in that Derek came to me with the music first, for the only time in all our collaborations. He normally puts music to my words. Anyway, I could hear a certain 'drudgery' in the tone of the music. I then came up with the idea of writing an allegory about falling in love. I was quite pleased with myself!!

No Comprendo Baby! While people around Derek embark on the usual married, divorced routine, he has relationships but steers clear of the altar. Finally he marries a beautiful lady. However, we have a problem Houston! She can't speak English and he can't speak Spanish! In jest, he explained to me the silver lining in this cloud of miscommunication. Something just clicked and 30 minutes later (honestly!) I had all the words written.

You're Back Alright, I admit it, I am a romantic! When two people lose each other and then find each other again it's a very romantic and emotionally charged experience. I wanted to capture that. It's just simple and romantic with a happy ending. There will be testosterone fuelled guys sticking their fingers down their throats, but is that just for effect?! Girls will unashamedly 'get it'. I love you Gorgeous.....

Tryin' to Seem Normal This is not about people who play around. This is about somebody who didn't go looking for 'trouble' it came to him! He is desperately trying to buy time to work out what to do. He is trying to act normal, when he feels anything but. Anybody out there know what I'm talking about?!

Shade of Grey The whole point to this is the chorus. 'Wouldn't it be better if life was black and white, but its not made that way, it's just a shade of grey, so its hard to get it right'. We all want life to be simpler, but it never will be. Humans complicate everything with both irrational and emotional behavior.

Core Critical Sure it can be a nuclear reactor that's about to blow, but the core I'm interested in is the one people have inside themselves that defines them and their life. I do wish everybody a strong inner core to get through their personal journey. Without that life is pretty tough.



"We are very pleased to support this e-book. I really enjoyed reading it. Bev's words contain sentiments that we can all relate to and challenge us to look honestly at issues in our world. Added to the music, he really is a 'Rock Poet' - and a good one at that!"
Chris Brady, Director

Introduction to Reality (Wills/fremd)

When we are young
We start out quite naive
There are so many things
That we want to believe
But most quickly realise
The streets are pretty tough
Our vision of 'Disney World'
Is really not enough

It doesn't take long
To really feel the heat
And just being nice
Will end up in defeat
If you're gonna be OK
You quickly have to learn
To be battle hardened
To stop you getting burned

It's a tough transition
That you have to make
Find that inner steel
The future is at stake
So many people have
Emotional train wrecks
Childhood is over
It's a reality check.....

Lyrics © Bev Wills 2010 (9/5/2010)



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*"I appraised Core Critical,
and in my professional opinion,
Core Critical rocks!"*

Carolyn **(Fremd)**

When we met ten years ago
Your spark lit up my life
I thanked God for you everyday
I thought you'd be my wife
Too beautiful for words
Always faithful I could tell
Kind and wise and pure of heart
You were life itself

But I was young and wasn't strong
And living day to day
I felt our love a burden
And threw it all away
Full of doubt, no compromise
Leave her now, she won't be missed"
My love for you it vaporized
Then I was cast adrift.....

No longer could I hear your voice
No longer could I taste
No longer could I smell your hair
No longer see your face
No longer see the sun rise
No longer feel the rain
No longer feel the love of life
Not even feel the pain

Chorus:

For two thousand days
I was stumbling in a haze
No feelings, not a trace
And I wanted it to end
My engine out of steam
Till I held you in a dream
And it all came rushing back....

Now I'm on my feet again
No longer living hell
Not flying in the heavens
But at least I'm feeling well
I know you have a family now
I'm glad it's right for you
Why I had to end us
I haven't got a clue

The only thing I want to say
And I'll say it to the end
I thank God for the memories
I thank you Carolyn
If I knew myself
When I loved you, my best friend
Then I know my soul would sing
I love you Carolyn"

Chorus

Chorus

Yes it all came rushing back.....

© Derek Fremd 1993

Cynical

(Wills/Fremd)

When a politician tells us that he's only here to help us, yeah right
He's going to make things better, play it to the letter, yeah right
It's not his fault that he's failed, circumstances just prevailed, yeah right

Listen, I may be cynical, but that doesn't make me wrong
Listen, I may be cynical, but that doesn't make me wrong

Shop assistant thinks it suits you, the color just 'salutes' you, yeah right
It's such a perfect fit, but you're squeezed inside of it, yeah right
And it's on sale today, so you must take it away, yeah right

Listen, I may be cynical, but that doesn't make me wrong
Listen, I may be cynical, but that doesn't make me wrong

Then there's the car dealer, on you when he sees you, yeah right
There's so much he wants to show you and really get to know you, yeah right
His got a special deal, just for you to steal, yeah right

Listen, I may be cynical, but that doesn't make me wrong
Listen, I may be cynical, but that doesn't make me wrong

When a pretty girl tells you, she'd love to get to know you, yeah right
If it wasn't for this headache and the calls she really has to make, yeah right
How about tomorrow? Hey just go and drown your sorrows, goodnight

Listen, I may be cynical, but that doesn't make me wrong
Listen, I may be cynical, but that doesn't make me wrong

There are so many people feeding me a line
Every day it happens, time after time
Just a bunch of hustlers, trying to make a hit
I don't know about you, but I'm tired of all of it

Listen, I may be cynical, but that doesn't make me wrong
Listen, I may be cynical, but that doesn't make me wrong

Listen, we may be cynical, but that doesn't make us wrong

Lyrics © Bev Wills 2010 (8/5/2010)



VIDEO PRODUCTION
AND
GRAPHIC DESIGN

Greed

(Wills/fremd)

The one thing you can count upon
It makes me sad to say
Is human greed, not just for need
We want more anyway
All over the planet
Rich and poor drift more apart
The rich have got the money
The poor have got the heart

Chorus:

Coz it's me and now and don't care how
I'm gonna get my share
Look around the world today
You see it everywhere
People being selfish
Banking cash for fun
Don't care about the rest of us
Only number one

It's been this way since man first stood
The lust to gather more
But when you have more than enough
What do you want it for?
Ego, building self esteem
Both outweigh doing good
Buy another gold ring
While your neighbor prays for food

Chorus

Spoken:

Does it really have to be this way?
Cant you just give a little?
Go on, try it!
You never know it might even feel good

Lyrics © Bev Wills 2010 (8/4/2010)

"Good luck from all your fans in Ireland!"

- Teresa Deuman

Summerhill, Ireland

CORE



CRITICAL™

IRELAND

Angry

(Wills/Fremd)

A different prophet
Makes people wanna hurt us
They call that religion
That is ridiculous
Call it terrorism
Coz that's its real name
Ok we may be tribal but
Beneath we are the same, the same

Chorus:
These are things that make me really angry
These people make me really mad
What are they all doing on the planet
When all they contribute is bad
Is bad

People who tell lies
To cover what they lack
People who are bullies
To those who cant fight back
But very worst of all
What really makes me wild
Is someone who wants to hurt
A small innocent child

Chorus

Chorus

Spoken:
I mean really bad
Just a waste of space
Get 'em outta here

Lyrics © Bev Wills 2010 (8/25/2010)



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The Warning (Wills/fremd)

**A long deep tunnel
Leading down the mine
Back on the surface
Everything seemed fine
Dank, dark, black
But no going back**

**You start off digging
Always full of pride
Tunnel vision
Nothing side to side
Then you find
Life's become a bind**

**By then it's too late
You got bills to pay
Tell yourself
Keep going anyway
Then you wish
That you could change all this**

**You may not think that
This could happen to you
But heed this warning
Before you do it too
Better be tough
If you want to fall in love**

Lyrics © Bev Wills 2010 (1992)

**"I wish you much success!"
- Jim Fusco**



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No Comprendo Baby!

(Wills/Fremd)

You might think I'm crazy
To me it makes good sense
I can't speak her Spanish
She don't know my English
So if we start to argue
To repel the attack
I simply shrug my shoulders
And shout at her right back

Chorus:

No comprendo Baby!
That's all I've got to say
No comprendo Baby!
And the problem goes away.....

When I try to talk to her
I make a real mess
No clue what I need to say
I blunder and I guess
If I get it right, she
Smiles in a loving way
If I get it wrong then
I can always say....

Chorus

If you think about it
You might just envy me
I have got a defence
For when she pesters me
You are stuck with answering
You have to tell her why
Me, I've got my silence
That makes me a lucky guy!

Chorus Chorus

Oh-o, we have a problem Houston.....

Lyrics © Bev Wills 2010 (7/2/2010)

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You're Back

(Wills/Fremd)

When I lost you first time 'round
It was such a mess
I screwed up badly with your heart
And all we had was stress
What you felt about me then
I knew just wasn't good
It didn't seem a reach to think
That hate described your mood

But what we had was very strong
And our love survived
You tracked me down and said hello
Now I feel alive
We quickly put the past to rest
Things moved on pretty fast
This time round we both agree
That this is gonna last

One look was all it took and then
My heart began to melt
But what was even better - it
Was how you also felt
A second chance to fall in love
Is more than I could wish
Thank God you're back and in my arms
Let's seal it with a kiss.

I love you gorgeous and I always will.....

Lyrics © Bev Wills 2010 (8/3/2010)

Congratulations Derek
and Bev on the success
of Core Critical.
"You're Back!"



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Tryin' To Seem Normal

(Wills/Fremd)

Didn't see it comin'
Coz I wasn't lookin'
She came out of nowhere
And I was hooked
I don't know what to do
Or how I should act
I don't want you to know
And that's a fact so....

Chorus:

I'm tryin' to seem normal
Though my head's on fire
I'm tryin' to seem normal
When gripped by desire
I'm tryin' to seem normal
Although I'm a wreck
I'm tryin' to seem normal
So you won't suspect

All I know for sure
I really need time
To get my head together
Do I make her mine
Or do I walk away
And stay here with you
I have to be certain
What I need to do so....

Chorus

Chorus

I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....
I'm tryin' to seem normal....



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Shade of Grey

(Wills/Fremd)

The human condition
Is really very tough
We look for recognition
But mainly search for love
Some find a safe harbour
And quickly settle down
Others aren't as lucky
And they're still roamin' 'round

Chorus:

Wouldn't it be better
If life was black and white
But it's not made that way
It's just a shade of grey
So it's hard to get it right

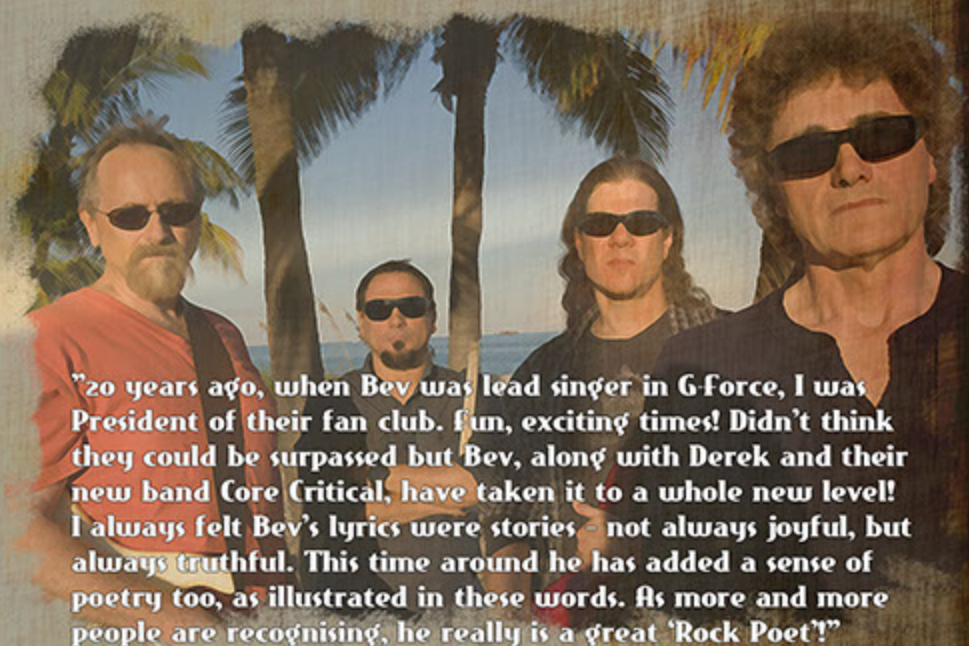
The problem with emotion -
It's unpredictable
You think your problem's over
And find that it's doubled!
So many people have
Relationships in flux
It's over when you realize
You'll miss it very much

Chorus

Not much to do about it
We're all made the same way
No use getting upset
Take it day to day
Enjoy all the good times
Fight it when you're sad
Maximise the good and
Minimise the bad

Chorus

But it's not made that way
It's just a shade of grey
So it's hard to get it right



"20 years ago, when Bev was lead singer in G Force, I was President of their fan club. Fun, exciting times! Didn't think they could be surpassed but Bev, along with Derek and their new band Core Critical, have taken it to a whole new level! I always felt Bev's lyrics were stories - not always joyful, but always truthful. This time around he has added a sense of poetry too, as illustrated in these words. As more and more people are recognising, he really is a great 'Rock Poet!'"

Dee Sanchez
Dowling Park, Florida

Lyrics © Bev Wills 2010 (8/13/2010)

Core Critical (Wills/fremd)

A nuclear reactor
When it's going to blow
I'm not much into science
But at least this much I know
The uranium's unstable and
It could get physical
A mushroom cloud awaits
That's Core Critical

More relevant to me
Is a different type of core
The one you have inside yourself
That makes you who you are
Real strength is always
Mental over physical
That's why to us our
Core is Critical

On the road you walk
You need that inner self
To be strong and true
To keep you in good health
My final hope for you
To deal with all the strife
A great inner core for
Your journey of life.....

Lyrics © Bev Wills 2010 (10/10/2010)

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UPWARDLY MOBILE

Hopefully, people will see this as a very positive album. The theme is to make the most of this human condition we find ourselves in. In my world, peace of mind is the ultimate victory. After listening to the actual songs a few times I was struck by a sense of 'defiance'.

Running Order

1. 21st Century Bad Girl
(Wills/Fremd/Grohowski/Ballin)
2. I Am
(Wills/Fremd)
3. Go for It
(Wills/Fremd)
4. Standing Alone
(Wills/Fremd)
5. Material (The Case for Money)
(Wills/Fremd)
6. Think of Me and Smile
(Wills/Fremd)
7. MISS You
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8. Imagination
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10. Look Inside
(Wills/Fremd)
11. Pride
(Wills/Fremd)



21st Century Bad Girl Ahhh the old lady makes a comeback! These are the first lyrics I ever wrote. Our drummer was having marital difficulties at the time and during a conversation we had about money, I jokingly said "you would be better off with a hooker!" Two days later, I was in the shower when the song came into my head. I had to rush out and scribble it down before I forgot it. The song went on to be track one on our album and has made me smile ever since. To bring it up to date and to reflect our long association, I added a fourth verse for this version. Before anybody starts a hate campaign, this song is very 'tongue in cheek', but most guys reading this will have thought something very similar at some point in any long term relationship. Trust me!

I Am OK, I am going to be a bit coy here. These words mean what they mean to you. They will mean different things to different people.....

Go for It This really is a call to action. I have watched so many people spend their days waiting for life to come to them, instead of going out and making something happen themselves. I value every day and hate to see wasted time and underachievement.

Standing Alone If you really are so self contained that you could sing these words - and mean it! - then you really are pretty bullet proof in my world.

Material There are some people who judge everything by material possessions. This song pokes fun at them a little bit. I appreciate what money can do, but it isn't everything to me. I'd always choose real love over money.

Think Of Me And Smile Sometimes people meet and although they both give it their best shot it doesn't work out. They would both be better off accepting the reality of the situation and parting as friends, rather than a descent into acrimonious behaviour. Sadly most times there is a fall out. At a later date, both parties may wish it had ended differently. Life is too short, you know?

MISS You That romantic side of me again! How often do a couple split up and then one or both realize just what they have lost. Sometimes despair is followed by a determination to win her back. Good luck buddy.....

Imagination I love people with imagination. Like the heroes of my words here, they are often mocked or ridiculed because they are thinking so far ahead of those around them. Imagination moves us all forward. Use yours to the max.

Choices I watch people make a bad decision and then struggle to make it work when they would be better off cutting their losses and starting again. We make choices all the time. Hang on to the good ones as long as you can and dump the bad ones ASAP!

Look Inside Most people get caught up in their day to day existence and all their dreams get lost along the way. Here I am counselling people to remember their dreams before it's too late. Mundane never does go away, but don't let it swamp cherished goals.

Pride To me, success and pride walk hand in hand. Therefore, I strongly believe in taking pride in everything you do.



"We are very pleased to support this e-book. I really enjoyed reading it. Bev's words contain sentiments that we can all relate to and challenge us to look honestly at issues in our world. Added to the music, he really is a 'Rock Poet' - and a good one at that!"

Chris Brady, Director

21st Century Bad Girl (Wills/Fremd/Grohowski/Ballin)

Walkin' round town
When I should be in bed
Tryin' get an old love
Outta my head
Turn round a corner
And what do I see
A lady in red
Is smiling at me

Chorus:

Hey Bad Girl I love you
Won't you set my body free
Hey Bad Girl I love you
You make life so easy for me

All I do is call
Arranging a date
You won't let me down
You'll never be late
Don't know your birthday
Don't know your name
All that matters is just
Playin' the game

Chorus

I have no illusions
About what you feel
I know it's a job
But here's the deal
You don't need diamonds
You don't need flowers
All you want from me
Is pay by the hour

Chorus

It's been a long time
And you're still around
The thing that we have
Is on solid ground
The rules stay the same
We like it that way
I'll make the call - you'll
Make me feel good today

Chorus x 2

Spoken:

Hey Bad Girl I love you
So glad you're in my life
You're so much easier
Than having a wife

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I Am

(Wills/Fremd)

I am
Who I am
Not gonna change
Or re-arrange

I plan
Do all I can
To make life
Smooth as possible

Chorus:
If you believe
It's all you need
If you believe
It's all you need

I think
Outside the box
Don't like
Feeling lost

I try
All the time
It's a constant
State of mind

Chorus x 2

I care
About things
I dare
To be aware

I believe
In myself
Cant rely
On no one else

Chorus

I know
What I want
What to do
How 'bout you

I love
Every day
All I do
You should too

Chorus

I am
Who I am
Not gonna change
Or re-arrange

Chorus x 4

Lyrics © Bev Wills 2011 (11/7/2010)



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Go For It (Wills/Fremd)

Life only helps
Those who help themselves
So don't sit back
And wait for some one else
Focus your mind
Make your move
It's up to you
To improve

Chorus:
Go for it
You gotta go for it
Go for it
You gotta go for it
Go for it
You gotta go for it
Go for it
You gotta go for it

Seize control
Forge your own way
Gotta move fast
There's no time to delay
To achieve
What you need
To ensure that
You succeed

Chorus

Chorus

Come on people
Go for it!
Make a difference
Try harder
Come on
Let's go!
Come on
Let's goooooooooo!

Lyrics © Bev Wills 2011 (11/21/2010)



"Nothing is impossible when you
are as good as Bev and the Band!"

Ann Stevens
Bracknell, England

Harlequins

Standing Alone (Wills/fremd)

I'm not afraid to fight
If I think I'm right
Even standing alone
Me against the world
Back against the wall
Doesn't scare me at all
Just retreat into myself
Coz I don't need nobody else

In the fortress of my mind
With all my thoughts aligned
I take in what I see
But it won't get to me
As long as I believe
That's all I ever need
Just retreat into myself
Coz I don't need nobody else

My own ethereal wall
Protects me from it all
With my mental shield
I'm never gonna yield
No one will ever find
The way to break my mind
Just retreat into myself
Coz I don't need nobody else

I don't need nobody else!
Standing alone
Me against the world
I don't need nobody else!
I don't need nobody else!
I don't need nobody else!

Lyrics © Bev Wills 2011 (10/31/2010)

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Material (The Case for Money)

(Wills/Fremd)

**How many bedrooms
In your house at the shore
Don't care what you need
You always want more
How large is your flat screen
What model is your car
You need big and exotic
To tell you who you are**

Chorus:

**How much money
In your bank account
Hopefully a lot
To pay for what you've got
If you've got the cash
The future will be sunny
Coz from your point of view
It's all about money**

**Material possessions
Are always needed
To show every one
That you succeeded
Have more than your friends
More than your boss
To be a success and
Get the message across**

Chorus

Chorus

Spoken:

**Loads a money
Does it get any better than that?
Who needs love anyway?
Kerching!**

Lyrics © Bev Wills 2011 (11/11/2010)

Think of Me and Smile

(Wills/Fremd)

Chorus:

Think of me and smile
Think of me and smile
Think of me and smile
I wanna leave in style
Think of me and smile
Think of me and smile
Think of me and smile
We had something for a while..

We both gave it our best
Until we came to know
It wasn't gonna work
And it was time to go
Sure we had our fights
But we had good times too
Even though it's over
I still care for you - so

Chorus

Nothing to be gained
By leaving in a huff
No more angry words
Or other nasty stuff
You've been fair to me
As I knew you would
I've done the same with you so
Let's keep the memories good- and

Chorus

As we say goodbye
I really wish you well
You want the same for me
As far as I can tell
Look me in the eye and
Although we're at the end
Let's have a final hug
And part the best of friends - so

Chorus

Think of me and smile
Repeat to fade.....

Lyrics © Bev Wills 2011 (7/7/2011)



To everyone in my HARLEQUIN HUG TEAM

From Gill, with love

I always THINK OF YOU AND SMILE!

Gill Hiller

Kingston-upon-Thames, England

Harlequins

MISS You (Wills/Fremd)

Gazing at the ceiling
Staring at the door
Can't believe what's happened
I won't see you any more
Although I haven't eaten
My stomach feels fat
Churning for the feelings
That I can't get back

Chorus:

Miss you baby
Miss you so bad
Miss you baby
Feeling so sad...

Like a burning star
You burst on the scene
One look and then
Well, you know what I mean...
Sittin' in the wreckage
Of what we might have been
I was so ecstatic
With my Delta Queen

Chorus


Are you gone forever
Or could I get you back
Gonna give it all I got
You're everything I lack
Have to make it happen
Before I go insane
Need to go and get you
Back with me again

Chorus

Chorus

Miss you...
Gonna get you back...
Comin' at ya...
You can count on that...
Miss you

Lyrics © Bev Wills 2011 (5/12/2011)



"Your words and voice inspire and comfort me; they remind me to always see my glass as 1/2 full. In my heart you will always be my Wizard and I will always be your Delta Queen
xoxoxo."

Love,
Delta Queen
Gonzales, Louisiana

Imagination

(Wills/Fremd)

Leonardo Da Vinci
Drew a submarine
Everybody laughed
It was just a dream

Then the Wright brothers
Tryin' to fly like birds
Taking to the sky
Too funny for words

Chorus:
Let your imagination
Really have its day
Make it a reality
Don't let it slip away

When the Sci-fi writers
Put men on the moon
Everybody knew
It wouldn't happen soon

If you can think it
You can do it too
It just takes perseverance
To see it though

Chorus

Lyrics © Bev Wills 2011 (08/26/2011)



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Choices (Wills/Fremd)

Life is built around choices
We make decisions every day
Some are big, some are small
Chaos theory, come to play

If you choose wrong
And things go bad
Don't be afraid
To make a change
Another choice
A better way
Admit you're wrong
And move on

Chorus:
Sometimes you choose
And you lose
Sometimes you choose
And you win
It's what we do
With our choices
Decides success
In the end

If you choose right
And things go well
Don't miss out
On anything
Make the most
Of opportunities
Just maximize
While you can

Chorus

Decisions, decisions
We always have to make them
Decisions, decisions
Don't be afraid to change them

Chorus

Chorus

Lyrics © Bev Wills 2011 (08/25/2011)

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Look Inside

(Wills/Fremd)

Look around the corners of your mind
Make sure there's nothing left behind
A place you really want to go
A thing you really want to do
Forgotten in the fact of being you

It's easy to get caught up day to day
Mundane never seems to go away
Overlooked by a tired soul
Something you so wanted to do
Forgotten in the fact of being you

Chorus:

Search yourself
Look inside
For things
You've had to hide
Let them out
Feel their force
Take the joy
Without remorse

Assume there is no second chance
Just one shot at living and romance
Don't wait and leave it all too late
Live the 'sleepers' you have left to do
Forgotten in the fact of being you

Chorus

Chorus

Lyrics © Bev Wills 2012 (04/01/2012)



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Pride

(Wills/fremd)

Spoken:

My dictionary says that Pride "is a feeling of Honor & self respect; a sense of personal worth."
I agree. OK guys....

A certain kind of person
Really doesn't care
No sign of motivation they're
Not going anywhere
They don't have the one thing
To compete with all the rest
That vital component
To make you be the best

Chorus:

It takes pride, pride, pride, inside
You need pride, pride, pride, inside

Never walk away and
Leave a job undone
Do what you say and earn
Respect from everyone
Care if it's right or wrong
Don't accept second best
Never be a quitter
Then you pass the test

Chorus

What it boils down to
We all need self esteem
To maximise potential
And fulfil our dreams
An armoury of self respect
To deal with what's next
You need that component
To make you be the best

Chorus



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Pride, pride, pride
Gotta have Pride

Lyrics © Bev Wills 2011 (10/16/2010)

STARTING OUT FROM NOWHERE

This album deals with some tough issues like being in a rut, depression, death, growing up disadvantaged etc. I believe that you have to confront your demons, not back away into the shadows. Another reason why your core is critical! ;-)

Running Order

1. Nowhere
(Wills/fremd)
2. Fire
(Wills/fremd)
3. The Big Question
(Wills/fremd)
4. Mayflower Power
(Wills/fremd)
5. Desperate Man
(Wills/fremd)
6. Just Not Strong Enough
(Wills/fremd)
7. Revenge
(Wills/fremd)
8. Nostalgia
(Wills/fremd)
9. Damn The Demons
(Wills/fremd)
10. What Doesn't Kill You...
(Wills/fremd)
11. Checkin' Out
(Wills/fremd)



Nowhere I can't imagine that many people avoid getting stuck in a rut at some point in their lives. To make matters worse, ruts and a happy love life are very infrequent bedfellows. Break out before you waste another day!

Fire When you grow up in a slum, the odds are stacked heavily against you. It's easy to accept that you are stuck in that world - where only physical aggression supplies modest, if temporary, rewards. You have to have a plan and a desire to get out. Above all, you need to be smart.

The Big Question There was no way I was going to get through 30 songs without touching on death. It terrifies me. If only I knew what happens next, but nobody knows. I envy those with religious blind faith, it's so much easier for them. Amazingly, I only discovered the poet Philip Larkin about a month or two before I wrote this. Amazing because our outlooks are so similar!

Mayflower Power These words are mainly down to my band mate Derek Fremd. We were asked by a TV producer in Miami to write a song about Thanksgiving. I am a proud Englishman, but I love America. So I wrote words tracing the Pilgrim Fathers through to today. My Yankee buddy Derek took my three verses and gave them a funny, gently mocking interpretation and it was his version we used.

Desperate Man 'Luck never comes to a desperate man' is a saying I have used pretty much all my adult life. I really believe it. Don't take chances with things you really value.

Just Not Strong Enough My romance again! (One per album.) Sometimes people fall in love in difficult circumstances - maybe their parents don't approve, religious differences, live a long way apart, already have a partner etc. They decide they are going to make a go of it but, when the crucial decision has to be made, one just can't go through with it. They are just not strong enough to see it through. These words see the situation through the eyes of the partner let down.

Revenge I once read 'never pick a fight with a Cancer person, because just when you think it's over - out come the claws!' Guess which star sign I am?! Born on July 16 if you want to send me a card.....

Nostalgia It's great to look back and remember the past with affection and rose colored glasses - just don't live there! Focus on today and tomorrow because they are the times you can still influence.

Damn The Demons Very few people make it through life without some depressing times. It doesn't have to be as bad as it is for the subject of these words for it to be awful. If anybody reading these words can really relate to them then all I can say is I hope you feel OK now and never feel that way again.

What Doesn't Kill You... Another saying that I really believe in. Don't feel sorry for yourself. Pick yourself up, dust yourself off and keep walking forward...

Checkin' Out So, if you died today, how would you be remembered? At one end of the spectrum you have Diana, Princess of Wales and at the other Adolf Hitler. My guess is that you and I will be somewhere in between! Do you care how you will be remembered? Don't forget that it's too late to change things at the end, it'll all be cast in stone by then....



"We are very pleased to support this e-book. I really enjoyed reading it. Bev's words contain sentiments that we can all relate to and challenge us to look honestly at issues in our world. Added to the music, he really is a 'Rock Poet' - and a good one at that!"

Chris Brady, Director

Nowhere

(Wills/Fremd)

A long dusty road
One foot after another
Head down and movin' on
Life sure is a mother
Gotta be more than this
Then a sign by the track
Says 'Welcome to Nowhere'
It's time to turn back

Chorus:

On the road to Nowhere
No hope 'round the bend
The view never changes
Just despair in the end
Ask yourself this question
The answer you should know
When you're on the road to Nowhere
How far do you want to go?

Burning down the road
Pedal on the floor
100 miles an hour
What are you rushing for
SatNav kicks in
A voice, no intonation
You have arrived at Nowhere
Your final destination

Chorus

Go fast or go slow
The story's the same
Locked in self destruct
A sure-fire losing game
Life without love
Is life only in name
Destination Nowhere
Not a good endgame

Chorus

Hit the brakes
Stop the car
Try to work out
Just where you are
Turn your life around
Head to somewhere better
Find some one to love
You'd know it if you met her

Chorus

Chorus

Lyrics © Bev Wills 2012 (11/21/2011)



Be like the 'Mighty Quins'
They learn from every experience.
Come on you Quins!
Come on Bev and the Band!

Love from Penny Bushell
Oxford, England

Harlequins

Fire

(Wills/fremd)

A project, on the white trash side of town
A place, where it's easy to be down
It's hard, to rise above the crowd
To survive, no weakness is allowed
You have to fight, to be alive and well
You can't be nice, or you'll go down as well
You need your strength
Coz you gotta go to any length

Chorus:

You need fire,
Fire in your heart
You need fire,
So you can stand apart
You need fire,
Fire in your soul
You need fire
Or you won't get old

The battered old man in the cap looks on
The broken old man in the cap knows his
time has gone

Chorus

Lyrics © Bev Wills 2012 (12/14/2011)

It never ends, in a place like this
Not a day, when a threat doesn't exist
Dig deep, so you can survive
Fight hard, to keep yourself alive
Gotta believe, that you can get out
Gotta believe you know what it's about
Overcome the strife
Try to find a better life

Chorus

As things unfold, need to stay cold
Inside your head, one mistake and you're dead
It's so easy, when you have a silver spoon
Not so easy, when you hope to be a goon
Your fists, a passport to success
Without that, anybody's guess
Unless you're smart
Forge yourself a new start

Chorus

The Big Question

(Wills/fremd)

Do you ever stop to wonder
What we're doing here on Earth?
What's the point of everything?
What is it all worth
Remember Philip Larkin
In his poem 'This Be the Verse'
Rather than a blessing
He thought life was a curse

Chorus:

No one has an answer
To how the story goes
We're left to wait and wonder
Coz no one really knows

There's no doubt its better
If blind faith is your belief
That takes care of everything
And saves you from the grief
But for all the rest of us
Who ponder death with fear
Each day it gets closer
Until the end is near

Chorus

Just seems overwhelming
To face the black of death
Its threat is omnipresent
And guaranteed to stress
Life is what you make it
Gotta do your best
But wish I had an answer
About what happens next, but

Chorus

Chorus

Lyrics © Bev Wills 2012 (12/24/2011)

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Mayflower Power (The Thanksgiving Song)

(Wills/Fremd)

All the Pilgrim refugees
Seasick on the boat
Sailing to America
To keep the faith afloat
English lads who stayed behind
Watching from the shore
Wave their hats and tip a glass
Don't let your arse hit the door

Chorus:

Giving thanks and breaking bread
For another year of living
One person's departure
Is another one's Thanksgiving!

Strange new visitors in
Funny clothes and skin so pale
Tried to make a go of it
But seemed destined to fail
Fish don't bite and crops don't grow
Til the natives show 'em how
Let's have a feast to celebrate
Maybe they'll go home now

Chorus

Every year we remember
And rejoice in the same way
Filling glass and stuffing face
Our welcome we overstay
Sacred ministrations
In front of the TV
Watching Dallas and Detroit
Vie for the next TD

Chorus

©Bev Wills/Derek Fremd 2011 (10/31/2011)

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Desperate Man

(Wills/Fremd)

Out in the jungle
That we call life
Some days are easy
Some you have to survive
Stay cool if you can
When things don't go to plan
Coz good luck never comes
To a desperate man

Never give fate a chance
To throw you a curve
When you're happy with things
That you'd like to preserve
Don't roll the dice
Play safe if you can
Coz good luck never comes
To a desperate man

Sometimes there's no choice
Life sends you a test
Take a deep breath
And hope for the best
If things are going bad
Avoid risks if you can
Coz good luck never comes
To a desperate man

I know it's the truth
All across the land
Good luck never comes
To a desperate man

I know it's the truth
All across the land
Good luck never comes
To a desperate man

Lyrics © Bev Wills 2012 (2/16/2012)

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"With us you are 'odds on' for success!"

- Paul Denman

Just Not Strong Enough

(Wills/fremd)

Life ain't cheap
You pay a price
To get what you want
There's always sacrifice

Chorus:
I had faith
But it was misplaced
When it got tough
You just weren't strong enough

Not easy
for me and you
We said it was something
We both had to do

Chorus

I feel sad
Hate to lose you
To lose someone
When you feel like I do

Chorus

I'll go on
I'll survive
Like I always have
And keep the dream alive

Chorus

Chorus

Lyrics © Bev Wills 2011 (11/25/2010)

Revenge

(Wills/Fremd)

Revenge! Revenge! Revenge! Revenge!

In the heat of the moment
You see a red haze
Don't like what's been said
Your heart is ablaze
Reign in your emotions
The timing ain't right
The bottom line is
You wanna win the fight

Chorus

Revenge, like in stories of old
A dish better eaten when cold

Take a step back
And make a good plan
Let the heat die down
Before you get your man
Remember Wyatt Earp
When you attack
Most of his victims
Got it in the back

Chorus

Don't give them a chance
When you make your move
To defend themselves
Or do more bad to you
Silent and deadly
Is the way to go
If you want to deliver
A real knockout blow

Chorus x 2

Lyrics © Bev Wills 2012 (3/22/2012)

Nostalgia (Wills/Fremd)

Remember when you were a kid
Excitement in everything you did
Every day an adventure to begin
Just the joy of day to day livin'

Then the storm clouds they all came
And only adulthood remained
No longer an innocent child's game
Nothing would ever be the same

So now you drift away to those happy days
With rose colored glass looking at times past
But that's all gone, you have to move on
Need to fast forward you still have things to do

So think about the what and calculate the when
Worry about the how to be happy again
It's Ok to look back from time to time
But don't get caught up in an old time line

It's today and tomorrow too
That need all the energy from you
Hope your memories are fine
Make more while you still have time
Hope your memories are fine
Make more while you still have time

Lyrics © Bev Wills 2012 (3/30/2012)

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Damn the Demons

(Wills/Fremd)

Trapped by the thoughts inside of me
They stop me from being who I want to be
Nothing I can do the die is cast
They control my future, like they did my past

Chorus:

Damn the demons in my head
They won't even let me out of bed
They consume everything I've got
And leave me waiting here to rot
Until there's nothing left but black
Only black

My head is like a prison cell
Don't need doctors to tell me I'm not well
No chemicals are gonna do the trick
Who I am, I guess I'm stuck with it

Chorus

They say that they can make me right
Some day soon they'll fill my world with light
That would sure be really nice
Until then I'll lie here and close my eyes

Chorus

Lyrics © Bev Wills 2012 (3/23/2012)

**'DESPAIR' BY CAROL NIGRO
FT LAUDERDALE, FLORIDA
ONE OF A COLLECTION BY CAROL
ENTITLED 'EMOTIONS OF A ROCK POET'
carolnigro@yahoo.com**



"Despair" © Carol Nigro

What Doesn't Kill You...

(Wills/fremd)

OK it's bad
Not much fun
It's pretty dark
No sign of sun
But don't give in
Stay strong
Wait for the cavalry
To come along

Chorus:

Gotta sit tight
Keep up the fight
Hang tough a little longer
Always remember
What doesn't kill you
Makes you stronger... Oh yeah
Always remember
What doesn't kill you
Makes you stronger...

Show resolve
Keep it together
Wear a coat
In stormy weather
Against all odds
On the street
No matter what
Keep your belief

Chorus

It would be easy
To give in
Accept defeat
Let life win
But that's no good
That's not the way
Every dog
Must have his day

Chorus

Chorus

Lyrics © Bev Wills 2012 (2/20/2012)



"Our award winning unique, ethical and transparent offering delivers maximum added value to all our clients, regardless of size and sector"

Checkin' Out

(Wills/Fremd)

**If you went today
What would they all say
Workmates, family and friends
At your journey's end
Would they all be kind
Would they all be sad
Would it really matter
Might some of them be glad**

**How will you be remembered
When you're not here anymore
If life was like a sports game
What would be your final score
Would there be a sense of loss
Or a sense of gain
Would you leave unnoticed
Or with a sense of pain**

**The question to be answered
Do you really care
Live your life accordingly
But always be aware
It's too late when it's over
To get the right result
It'll all be cast in stone
And so will all your faults**

Lyrics © Bev Wills 2012 (1/26/2012)

Epilogue

Well, I guess we both made it this far! Hope you enjoyed the trip through my head! As I said in the Introduction, writing this book has been a catharsis. More than ever it has left me with a real need to get the most out of every day and enjoy the good times to the max. You never know what's around the corner so grab as much good stuff as you can while it's there.

Thanks to social media and modern communications, we have fans in over 20 countries. Things can go viral so fast, you just never know what is going to happen next. If I can borrow from Winston Churchill, it is amazing to think that 'the sun never sets on our fan base'!

However, it's not all good news. The music business is just crazy these days. It's not really about selling music any more, it's about being a brand. Our brand as Core Critical now includes me as a lead singer and rock poet - right?! ;)

I am thrilled that, thanks to the generosity of our Sponsors and Subscribers, Core Critical is able to offer this eBook to our fans as a free download. The support and encouragement we have received in bringing it together has made it a very special 'life experience'. To think that we have fans in three different countries that have paid to sponsor pages is especially inspirational.

You touch my heart. Thank you all.

Obviously, if you have enjoyed it I hope you tell your friends but also listen to my words in the context of the music. Our album 'The Human Condition' is available on CD or downloads. Just follow one of these links:

<http://thebandcorecritical.com/merchandise/>

http://www.amazon.com/The-Human-Condition/dp/B004LS145C/ref=sr_shvl_album_1?ie=UTF8&qid=1333142893&sr=301-1

Or go here:

iTunes>Music>Alternative>Core Critical

Facebook>The Band Core Critical>MyStore.🎵

By reading this book you have become part of our journey. Thank you, welcome on board - and hold on tight!

Bev Wills

CHRONOLOGY

	DATE OF	
#	COMPOSITION	SONG TITLE
1	1992	21 st Century Bad Girl
2	1992	The Warning
3	1993	Carolyn
4	July 2, 2010	No Comprendo Baby!
5	August 3, 2010	You're Back
6	August 4, 2010	Greed
7	August 5, 2010	Cynical
8	August 13, 2010	Shade of Grey
9	August 25, 2010	Angry
10	September 5, 2010	Introduction to Reality
11	September 23, 2010	Tryin' to Seem Normal
12	October 10, 2010	Core Critical
13	October 16, 2010	Pride
14	October 31, 2010	Standing Alone
15	November 7, 2010	I Am
16	November 11, 2010	Material (The Case for Money)
17	November 21, 2010	Go For It
18	November 25, 2010	Just Not Strong Enough
19	May 12, 2011	MISS You
20	July 7, 2011	Think of Me and Smile
21	August 25, 2011	Choices
22	August 26, 2011	Imagination
23	October 31, 2011	Mayflower Power
24	November 21, 2011	Nowhere
25	December 14, 2011	Fire
26	December 24, 2011	The Big Question
27	January 4, 2012	Look Inside
28	January 26, 2012	Checkin' Out
29	February 16, 2012	Desperate Man
30	February 20, 2012	What Doesn't Kill You...
31	March 22, 2012	Revenge
32	March 23, 2012	Damn The Demons
33	March 30, 2012	Nostalgia
	KEY:	ALBUM
		The Human Condition
		Upwardly Mobile
		Starting Out From Nowhere



Online Resources:

Website: www.thebandcorecritical.com

Facebook: “The Band Core Critical”; “Core Critical Radio”

Twitter: CoreCritical

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