



Melissa Lewis

A Little Love



1. Fly 4:09  
(Melissa Lewis)  
©2002 Breathe In Music (ASCAP)

2. I Go To Extremes 3:56  
(Andrea Stolpe - ASCAP/Anthony Smith - BMI)  
©2000 Almo Music Corporation

3. Let It Go 4:39  
(Melissa Lewis)  
©2012 Breathe In Music (ASCAP)

4. Breathe In This Life 3:38  
(Melissa Lewis/Jill Sissel)  
©2000 Breathe In Music (ASCAP)/Hyland Lake Music (ASCAP)

5. Where Did The Time Go 3:08  
(Melissa Lewis)  
©2001 Breathe In Music (ASCAP)

6. Put A Little Love In Your Heart 4:07  
(Holiday/Myers/DeShannon)  
©1969 Unart Catalog Inc

7. Do The Right Thing 3:38  
(Melissa Lewis)  
©2012 Breathe In Music (ASCAP)

8. Something To Go On 5:18  
(Melissa Lewis/Andrea Stolpe)  
©2013 Breathe In Music (ASCAP)/Stolpewanknobe Music (ASCAP)

9. Lead With Love 4:17  
(Melissa Lewis/Lisa Firestone)  
©2010 Breathe In Music (ASCAP)/My Little Muse (ASCAP)

10. Why Shouldn't We 4:18  
(Mary Chapin Carpenter)  
©2006 Why Walk Music (ASCAP)

11. 405 3:56  
(Melissa Lewis)  
©2011 Breathe In Music (ASCAP)

12. Something To Go On (Piano/Vocal)\*Bonus Track 8:14

## Fly (Lewis)

There's so much out there, waiting to learn  
yeah the world's laid out for you  
You packed your plans, your dreams,  
it's finally your turn  
You'll be fine, just take your time

On your mark get set, you're ready to go  
you're gonna blow this world away  
The secret to life well,  
it's all in what you know  
so don't you be scared,  
no you're more than prepared

It's just life, it's all about love  
it's time to figure out just what you're made of  
go with the flow, don't you question why  
you see day in, day out, things just change  
but that's what life's all about  
take it in stride, cause I know you,  
I know you're going to fly

Now I have watched you grow into who you are  
and I've learned a thing or two  
You take each day for what it is, a brand new day  
march to your own drum, I can't wait to see what becomes

of your life, it's all about love  
it's time to figure out just what you're made of  
go with the flow, don't you question why  
you see day in, day out, things just change  
but that's what life's all about  
take it in stride, cause I know you,  
I know you're going to fly

everything you need it's inside you  
just trust your heart, let it guide you

It's just life, it's all about love  
it's time to figure out just what you're made of  
go with the flow, don't you question why  
you see day in, day out, things just change  
but that's what life's all about  
take it in stride, cause I know you,  
I know you're going to fly

## I Go To Extremes (Stolpe/Smith)

If you said you'd leave,  
I'd take the keys to your cadillac  
I'd soak the seats with gasoline  
and park it on the railroad tracks  
See the train, light the match  
you'd stay and that would be that  
worst case scenario,  
baby even though, it could happen

cause I go to extremes  
I aim off the edge  
sometimes I even scare me  
and I play with fire  
I walk the high wire  
I wouldn't put anything past me  
no one can love you like me  
cause I go to extremes

Say hypothetically  
you and me are soaring at a 1,000 feet  
Mid flight both propellers  
die heading for catastrophe  
more bad news  
theres only one chute  
I'd hand it to you  
jump out  
baby what would you do  
worse case scenario  
baby even though, I just might do it

cause I go to extremes  
I aim off the edge  
sometimes I even scare me  
and I play with fire  
I walk the high wire  
I wouldn't put anything past me  
no one can love you like me  
cause I go to extremes

## Let It Go (Lewis)

Do you ever think about yourself  
Spend so much time spinning, round and round  
Sometimes I wonder if you know  
hmmmm

You've built this place inside your mind  
sometimes reality is the hardest thing to see  
It's gonna hurt like hell, I know...  
hmmmmm

Let it go  
you'll never find what you're looking for  
drawing lines to where you've been before  
you deserve much more  
Let it go, Let it go  
I promise you one day  
you'll know

Square peg won't fit into a round hole  
lord knows we've all tried to force it a time or two  
but in the end, it's never going to go through  
hmmmm

so you cling to this story you tell yourself  
keep painting the canvas your most brilliant work of art  
I just watch the colors fade to gray, wondering  
how many times are you going to break your own heart

## Chorus

Love's not supposed to be this hard  
it's not supposed to tear you apart  
there's some things you just can't control  
it doesn't matter, how tightly you hold so

Let it go, just let it all go  
you've been here so many times before  
you deserve so much more  
let it go, let it go  
finally close the door,  
go find your your window  
Let it go

Breathe In This Life (Lewis/Sissel)

I've taken a step back  
and I think now I can see  
sometimes the things we think we want,  
well they just aren't meant to be  
it's starting to come together,  
it's finally making sense  
things happen for a reason,  
theres nothing left to chance

I wanna breathe in this life,  
let it all go,  
relax, learn to just be  
I wanna take it all in,  
give up control  
surrender to what's meant to be  
breathe in this,  
breathe in this life

The tighter we hold,  
and the harder we try  
to figure it out, to understand why  
is the more time we lose  
and the more we miss out  
on what's most important  
what life is all about

So go on  
breathe in your life,  
let it all go  
relax, learn to just be  
take it all in, give up control  
surrender to what's meant to be  
breathe in this,  
breathe in this life

Patience is a must,  
have a little faith and learn to trust  
open your eyes and you'll see  
well you can't fall far,  
cause right where you are  
is exactly where you need to be

So go on  
breathe in your life,  
let it all go  
relax, learn to just be  
take it all in, give up control  
surrender to what's meant to be  
breathe in this,  
breathe in this life

Where Did The Time Go (Lewis)

I came across an old photograph today  
I just had to smile at how  
it feels like yesterday  
the truth is that was years ago  
tell me, maybe you know  
cause I'm just wondering now  
where did the time go?

And how in the world did I  
get in my forties  
I still remember thinking  
how old that must me  
the truth is I feel far from old  
tell me, maybe you know  
cause I'm just wondering now  
where did the time go

I guess I've been  
chasing this crazy dream  
learning all about what life means  
doing the best that I can  
one day at a time  
I've done things I regret,  
there's times I won't forget  
lots I haven't gotten to yet  
In and out of love,  
all of the above  
do you see what I see

All of this thinking  
I think it's getting to me  
I'm taken less for granted,  
standing up for what I believe  
life is still a mystery  
but I'm starting to see  
I think I know now  
where the time goes.

I think I know,  
I think I figured out  
time is never really lost,  
it just becomes your memory

Put A Little Love In Your Heart (DeShannon)

Think of your fellow man,  
lend him a helping hand  
put a little love in your heart  
you see it's getting late,  
oh please don't hesitate  
put a little love in your heart  
and the world,  
will be a better place  
yeah the world,  
will be a better place  
for you and me you just wait and see

Another day goes by,  
and still the children cry  
put a little love in your heart  
if you want the world to know,  
you won't let hatred grow  
put a little love in your heart  
and the world  
will be a better place  
yeah the world,  
will be a better place  
for you and me you just wait and see

Take a good look around,  
and if you're looking down  
put a little love in your heart  
I hope when you decide,  
kindness will be your guide  
put a little love in your heart  
and the world,  
will be a better place  
yeah the world,  
will be a better place  
for you and me you just wait and see

put a little love in your heart  
put a little love in your heart  
put a little love in your heart  
put a little love in your heart

Do the Right Thing (Lewis)

My mom and dad raised me  
To treat the people,  
the way I want them to treat me  
Once you think that thought through  
Why would you live any other way  
Makes perfect sense to me  
Seems relatively easy

before you get yourself caught up  
Thinking you been wronged  
Go on and put yourself in someone's shoes  
Count to ten, take a deep breath  
Do what you got to do  
To slow it all down  
and check your attitude

Cause we can choose to Do the Right thing  
When ya wake up everyday  
Once your feet hit the floor  
Vow to be the change  
Give everybody, the benefit of the doubt  
One person at a time,  
we can turn this world around  
Just do the right thing

Now I'm not trying to preach to you  
Not saying I'm right or you're wrong  
all I know is what I've been through  
I mean you no harm

We all have our own way of living  
we all see with different eyes  
It's not hard to work together  
just need to compromise

before you honk that horn,  
smile and let em through  
is coming unglued, really worth your time  
Random act of kindness, amazing what it can do  
spread a little love  
go on and try it sometime

Chorus

Like a boom a rang, well it's all coming back around  
so go on and have your cake, eat it to  
someday it just might catch up with you so

Chorus

Something To Go On (Lewis/Stolpe)

If I knew this morning,  
how my day was gonna end  
I'd stayed in bed and tucked myself away  
and the world outside my window  
would have stayed to way it seems  
before everything I thought I knew changed  
Sometimes life can fall apart in an instant  
and you're just left picking up the pieces wondering why

I just need something to go on,  
help push me through  
ease this pain I can't undo  
searching for answers  
that I pray one day I'll find,  
but it doesn't mean I will  
and I've got nothing to cling to  
I can't justify  
when your world crumbles,  
how does anyone survive  
it's hard enough to breathe,  
let alone thrive  
what do you do, when you might never know why

I've dug through the deepest parts of my soul  
I've cried till I can't cry anymore,  
pleaded for the life I used to know  
who I am is not who I was before  
but there's no going back it's only the unknown  
I'm lost in a maze left to navigate alone  
I'd give everything I own,  
If I could just erase that day  
Sometimes life can fall apart in an instant  
and you're just left picking up the pieces wondering why

Chorus

And I tell myself I can't give up  
but I guess I could and people do  
But I know myself well enough  
I just need a thread of hope to cling to

I will find something to go on, I'll get through  
cause I'm standing here, I'm living proof  
your world can crumble, fall to the ground people survive  
and I might never find the reason why,  
but I've got to believe, cause there's fight left inside  
everyday I move, even if it's just an inch more  
I'll find my way through  
cause I know  
you'd want me to

Lead with Love (Lewis/firestone)

If I lived, every moment as a prayer  
what kind of world could I create  
with every thought, if I could lift somebody up  
never noticing the things I hate  
cause we all see what we want to see  
regardless of how things are  
so will I listen to the shouts of anger  
or hear the whispers of my heart

I wanna lead with LOVE  
let the rest fade away  
remembering the power of my voice  
cause I make peace or war  
with all I do and say  
every moment it's my choice  
so I'll lead  
I wanna lead with LOVE

Will we ever know, just how powerful we are  
with everything rooted in belief  
those waves of fear, let them crash into the shore  
and shower your love for all the world to see  
so when people all around me,  
say how different we are  
well I'm gonna choose to remember  
we all beat with the same heart

I wanna lead with LOVE, let the rest fade away  
remembering the power of my voice  
cause I make peace or war  
with all I do and say  
every moment it's my choice  
so I'll lead  
I wanna lead with LOVE

LOVE is the answer, LOVE comes back to you  
take a look around and tell me, what could your LOVE do

So go on and lead with LOVE, let the rest fade away  
remembering the power of your voice  
cause we make peace or war  
with all we do and say  
every moment it's your choice  
so go on and lead  
lead everyday with LOVE

Why Shouldn't We (Mary Chapin Carpenter)

We believe in things we can not see  
Why shouldn't we, why shouldn't we  
hands that heal can set a chained man free  
Why shouldn't we, why shouldn't we

And we believe there's peace with in every heart  
Why shouldn't we, why shouldn't we  
Burning brightly, brightly in the dark  
Why shouldn't we, why shouldn't we

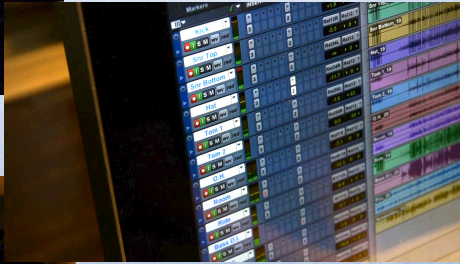
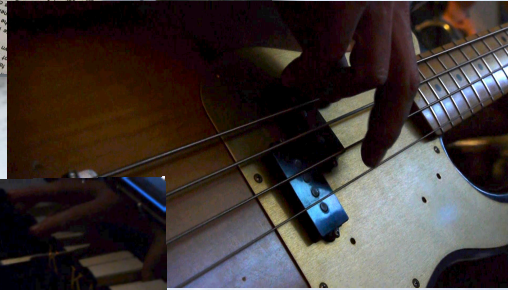
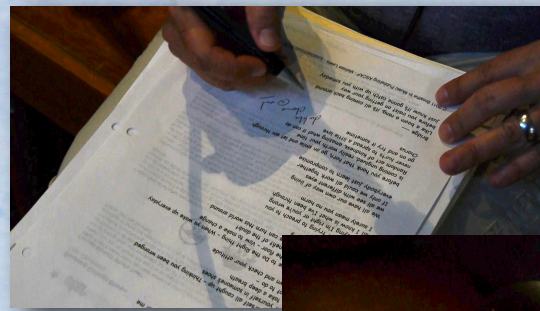
So come on darlin'  
feel your spirits rise  
come on children  
open up your eyes  
God is all around  
Buddhas at the gate  
Allah hears your prayer  
it's not too late

We believe in things that give us hope  
Why shouldn't we, why shouldn't we  
Lift up your voice, celebrate your vote  
Why shouldn't we, why shouldn't we

And we believe in things that make us all the same  
Why shouldn't we, why shouldn't we  
Love belongs to all those in deed and in name  
Why shouldn't we, why shouldn't we

So come on darlin'  
feel your spirits rise  
come on children  
open up your eyes  
God is all around  
Buddhas at the gate  
Allah hears your prayer  
it's not too late

We believe in things that can't be done  
Why shouldn't we, why shouldn't we  
Lift up your heart, put down that gun  
Why shouldn't we, why shouldn't we



405 (Lewis)

Well I'm sitting here on the 405  
I spent the last 1/2 hour in the same 1/2 mile  
this stop and go  
just makes my heart sigh  
can't wait till I get home  
Cause I've been up since dawn  
I worked the nine to five  
I spent the last 8 hours in the back of my mind  
where it you and me  
just wasting time  
Can't wait till I get home

Gotta get home, I gotta get home  
Gotta get myself home to you  
Cause there's no other place, no other face  
No there's nothing I'd rather do  
then spend every second I got with you

Another horn blast, another minute lost  
still I'm swimming my way  
through a sea of exhaust  
I'd be willing to pay  
I don't care what it cost  
I wanna make it home

If I only had a bike I'd zoom in and out  
dashing through the white lines  
I'd be there by now  
still I'm stuck in the car  
I'm beginning to doubt  
I'll ever make it home

Gotta get home, I gotta get home  
Gotta get myself home to you  
Cause there's no other place, no other face  
No there's nothing I'd rather do  
then spend every second I got with you

Now every second apart, feels like an hour to my soul  
With every beat of my heart I'm counting exits left to go  
I might be inching along but don't you know  
I'm gonna make it home

If you're not next to me, well you're just too far  
all my mind can see is getting out of this car  
where I want to be is wherever you are  
Can't wait till I get home

**KICKSTARTER BACKERS** your patience throughout this project

has been so appreciated. Who knew two little critters could take over your life in such a way? Seriously though, you guys have been nothing but supportive and I can't tell you how awesome that has been.

**Tanya, Hope, & Mikayla** Holy smokes, being a family is amazing,

even though we've lost so much sleep this past year. T...thanks for the breaks you've given me to "WORK" on this project.

**I LOVE YOU**

Hope and Mikayla, I love that you guys are so much a part of this project - to think you were in my belly for most of the recordings is pretty cool. I can't even

express the love and laughter you two have brought into our lives...thanks so much for coming!

**TITE LOUIS CREW** as always,

your support is never ending! Thanks for always encouraging me throughout the years and believing in what I do.

**W+P** I don't know

how you get the work done, but so thankful for all your help!

**SIENA & TOAST** for all your help and advice in wrapping this project up. It

was so nice to bounce ideas off of two extremely creative human beings. We love you guys!

**TRISTAN WARD** for your work in the eleventh hour! ;)

I love that our brains are so alike!

**JAN STOPE** I am always blown away with what you create from my guitar/vocal demos. You have such

a great way of capturing what I intend for a song to be. It still amazes me that I can say, "I want the listener to feel this" and you make it happen.

You are so good at what you do. I love working with you, even when we don't agree...LOL! Thank you for all your hard work, Sparky!

**ANDREA STOPE**

Dawg, love working with you so much. You are brilliant and I love that I get to feed off of that. woof!

**THE MUSICIANS**

who created the vibe -- Seriously, I still pinch myself over

getting the opportunity to work with you guys.

**MATT, CURT, & ARON** I had such a blast with you three in the studio.

Thanks for making the recording process so much fun and laid back.

**BRUCE & SCOTT** Thanks for adding your touches to the tracks -

love what you guys created. Jan as if you weren't talented enough, LOVE your guitar work!

**JAN**

**TOAST & VANOLIE** I never would have made it through the

"design" part without all your help and advice. Thanks so much for all the support.

**BREDA WHITE**

Thank you for the countless hours you spent creating the

"Making of A Little Love" video. I love that you had the idea to do it. It's really awesome to actually see the process. I appreciate all your work and all the

footage you captured.

**All My Bunnies**

who continue to help, support and encourage the heck out me. I am so blessed to have

such amazing support stretched out through so many wonderful friends. Your friendships mean so much to me and I appreciate the

**LOVE** and **LAUGHTER** so much.

1. Fly
  2. I GO TO EXTREMES
  3. LET IT GO
  4. BREATHE IN THIS LIFE
  5. WHERE DID THE TIME GO
  6. PUT A LITTLE LOVE IN YOUR HEART
  7. DO THE RIGHT THING
  8. SOMETHING TO GO ON
  9. LEAD WITH LOVE
  10. WHY SHOULDN'T WE
  11. 405
  12. SOMETHING TO GO ON (PIANO/VOCAL)
- BONUS TRACK

All Songs MATT ROLLINGS Piano, B3, Vintage Keys CURT SCHNEIDER Bass

AARON STERLING Drums, Percussion SCOTT JEPPESEN Saxophone

JAN STOLFE Programming, Acoustic Guitar, Electric Guitar

EXCEPT FOR BRUCE WATSON Electric Guitar (405, Lead with Love, Put A Little Love In Your Heart)

Recorded, produced and mixed by JAN TEDDY STOLFE at Upstairs Studio and SonicArt Productions.

Mastered by HANS DEKLINE at Sound Bites Dog

ASSOCIATE PRODUCERS - BRENDA WHITE - SHERREY JOHNSON

EXECUTIVE PRODUCERS - BOB & FRAN LEWIS / BRENDA SMITH / WIP PRODUCTIONS

ARTWORK & DESIGN - MELISSA LEWIS MAKING DESIGN HAPPEN - TOAST TAJIRI AND VALERIE MADDEN

All Vocals: Melissa Lewis



breathe in music  
melissalewis.net

PEACE

LOVE

MUSIC