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|----|---------------------|------|
| 1. | Intention | 6:45 |
| 2. | Resolution Lift | 5:25 |
| 3. | Tel Aviv I Love Her | 6:30 |
| 4. | Procrastination | 4:21 |
| 5. | Old Skool Flava | 6:18 |
| 6. | Deadlines Looming | 5:39 |
| 7. | Deception | 7:03 |
| 8. | My Man Stan | 4:18 |

Total: 46:19

Made through the American Composers Forum's
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