



Original Air Date: 06/30/23
Episode Title: A Word Of Advice

band/artist (SONG) - message

fleetwood mac (DON'T STOP) '77 - forgetting the past, focusing on the future

billy joel (CAPTAIN JACK) '73 - dangers of drug abuse

the supremes (YOU CAN'T HURRY LOVE) '66 - patience when trying to find a significant other

aerosmith (SEASONS OF WITHER) '74 - ups and downs of a relationship

bad company (SHOOTING STAR) '75 - warning about the highs and lows of fame

the beatles (LET IT BE) '70 - letting go of your troubles and relax

todd rundgren (REAL MAN) '75 - maturing

chicago (DIALOGUE, PT. 1 & 2) '72 - having opposing views, but still being able to work together to make the world a better place

the staple singers (RESPECT YOURSELF) '72 - self respect

tlc (WATERFALLS) '95 - warning about drugs, promiscuous sex, and hiv

des'ree (YOU GOTTA BE) '94 - having self-confidence

new radicals (YOU GET WHAT YOU GIVE) '98 - holding onto dreams and not giving up, even when the times are tough

the moody blues (QUESTION) '70 - questioning if war is the answer

stephen stills (ISN'T IT ABOUT TIME) '73 - questioning if war is the answer

three dog night (MAMA TOLD ME) '70 - warning about the potential negative consequences of going to a wild party

ian hunter (ONCE BITTEN, TWICE SHY) '75 - if you've been hurt, you're less likely to put yourself in that position again

harry chapin (CAT'S IN THE CRADLE) '74 - warning about a relationship where one person doesn't make enough time for the other

george harrison (ALL THINGS MUST PASS) '70 - in life, you'll experience the good and the bad, but it's important not to get carried away with either extreme as nothing lasts forever.

ringo (IT DON'T COME EASY) '71 - staying resilient when facing hardship

rick nelson (GARDEN PARTY) '72 - be yourself and don't care what others think

kenny rogers (THE GAMBLER) '78 - in life, knowing how to make the most out of your current circumstances and realizing that you're responsible for your own choices

lynrd skynyrd (SIMPLE MAN) '73 - be a simple person who can love and understand himself despite all of life's challenges

the rolling stones (YOU CAN'T ALWAYS GET WHAT YOU WANT) '69 - you may not achieve all of your goals in life, but that's okay. perhaps it was meant to be that way.

john lennon (INSTANT KARMA!) '70 - what goes around comes around

grandmaster flash & the furious five (THE MESSAGE) '82 - a warning about the realities of living life on the streets