

PAUL CARRACK THESE DAYS









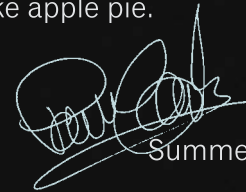




Several years ago, my brother John came across a metal box of transparencies containing family snapshots taken by my father back in the 50's.

These old snaps bring back wonderful memories of a happy childhood, full of love and good times. Many of the pictures were taken on family holidays when my mum, dad, brother John, aunts, uncles and cousins would escape to the English seaside in convoy for a week of fun.

I feel very fortunate to have grown up with the support of a wonderful extended family that, by example, taught me the enduring values of love, honesty, hard work and humour that have stood me in good stead over the years. It's fair to say 'These Days' don't come back, so eat them up like apple pie.



Summer, 2018





AMAZING

Yes it's amazing what love can do sometimes

When I think about it
We've come a long, long way
Living life together
Keeping it real every day
I was travelling down a road to nowhere
And no one else on earth seemed to care
Every time I turned, you were there for me

Yes it's amazing what love can do sometimes
Yes it's amazing what love can do
I've seen with my own eyes
It's amazing what love can do sometimes

People used to tell me
Rome wasn't built in a day
And it was made to last forever
Our love is made the same way
Every day I take a good look around
Try to keep my feet on the ground
And appreciate the love that I've found with you

Cos it's amazing what love can do sometimes
Yes it's amazing what love can do
Now I realise
It's amazing what love can do sometimes

Long as the world keeps turning
Lovers will always succeed
Where there's a will, there's a way
If you want there to be

I wake up with a smile on my face
Everything in life is in place
The future is ours to embrace this time
Oh it's amazing what love can do sometimes
Yes it's amazing what love can do
I've seen with my own eyes
It's amazing what love can do sometimes...

LIFE IN A BUBBLE

Living in a bubble
Trying to ignore the pain
Every night you wonder

Will you ever feel the same again?
Summoning the courage
Just to face another day
Your nights are long and lonely
Keeping demons at bay
Living life in a bubble
Trouble in paradise again

Turn on the TV
Turmoil and trouble everywhere
So many people
Living lives full of despair
You worry for the future
What kind of world we gonna leave?
No one's got an answer
Who on earth would we believe?
Living life in a bubble
There's trouble in paradise again

You've cried so many tears you'd think
The well must soon run dry
You can't accept the love you lost
No matter how hard you try

Living life in a bubble
There's trouble in paradise again

Your first world problems
Accumulate inside your mind
Hiding reality
That you try to leave behind
Your weary conscience
Hides behind a troubled frown
Draw all the curtains
Lock the door and pull the shutters down
Living life in a bubble
There's trouble in paradise again...

IN THE COLD LIGHT OF DAY

In the cold light of day
Things are much clearer then
In the cold light of day
I don't have to pretend
That things are dull or ill-conceived
I've found that love, lived that dream
In the cold, cold light of day

In the cold light of day
There's a sense of truth
In the cold light of day
There's only one route
To happiness and peace of mind
I'm glad I've found it just in time
In the cold light of day

And excuse me for saying
But it's got to be said
In the cold light of day
You just start up again
And the time that's passed
Ain't dissolved your faith
You just see clearly
In the cold light of day

In the cold light of day
Much more to reveal
In the cold light of day
All the things you feel
Have settled down
And the pressure's off
You've come around
And found that love
In the cold light of day

And excuse me for saying...

In the cold light of day
So much more to see
In the cold light of day
Much more for you and me
And the time we have
Will be focused on
All the things we have
Not the things we've lost
In the cold light
The cold, cold light
In the cold, cold light of the day

DIG DEEP

When you're up against the rails
When there's no wind in your sails
You've got to balance on the scales
And dig deep... >



If your friends have let you down
Nobody wants you around
When your heart is out of town
You gotta dig deep

All kinds of problems can be solved
By letting life do its thing
You're never too young or too old
To let only the good things in
You gotta dig deep
Dig deep, dig deep, dig deep

If you feel you might regret
All the things you might have said
You hit the nail upon the head
And dig deep

When your prayers might not be heard
And you think that page has turned
But there's still so much to learn
When you dig deep

All kinds of problems can be solved...

If you can't sleep for the fear
And your head seems never clear
If you search but I'm not here
You gotta dig deep
If you search but I'm not here
Dig deep

THESE DAYS

These days
Won't come back
We're just passing through
In our lives
On a one way track
We take the path
We've always shared
And travelled with
A life of love that's shining everywhere
As we walk beyond
These days of youth
We're all passing by
And love is fireproof
As we say goodbye
To the ones we love

Without knowing that
We're all passing through
That's all we can do

These days
Will not return
The dreams we had
Still survive
And I have learnt
To eat them up
Like apple pie
We all need stars
Up in the sky
As we feel the summer start to fade
We reminisce as time just slips away
These precious days, these days...

I used to think we would live forever
With all these precious days I treasure
Memories locked in the bank
And for these days I give my thanks

These days
Won't come back
I'm still learning who
In my life
I still have to thank
For all this love
I feel inside
We only have a given time
To realise
As we walk away
From the truth
We're all passing by
And love is fireproof
It's fireproof

These days...

YOU MAKE ME FEEL GOOD

No two ways about it
You don't need to read between the lines
One look in your direction
Sends shivers down my spine
You don't need to analyse it
It's a little too late now to change my crazy ways
I don't mean to patronise you
But all I need to say

You make me feel good...

I know next to nothing
About politics and all those worldly things
But when it all comes together
I feel just like a king
Like Adam and Eve in the garden
I got a taste of what it's all about
Now it's really somethin'
I can't live without

You make me feel good...

TELL SOMEBODY WHO CARES

When the dark clouds gather
And catch you unawares
Why don't you tell somebody who cares

I know there's something on your mind
I can tell just by looking in your eyes
I know just what you're going through
You've got every reason to feel the way you do
If there's anything that you need
Don't beat around just call on me
And I'll be there right away
When those dark clouds, catch you unaware
You've got to tell somebody who cares

Fair-weather friends may let you down
They don't even try to really understand
They've got their busy lives to lead
They don't have the time to help a friend in need
I'll be your shoulder to cry on, that's all it takes
Dry your eyes and find your smile
When the price of love
Seems so hard to bear
You've got to tell somebody who cares

Tell somebody who knows
About the pain that grows and grows
It's just no good to keep it all inside
Tell somebody and see
How the truth will set you free
And you'll take each worry in your stride

I know it's easy to pretend
But it's getting harder to remember the lessons I learned... > 11



Don't keep your worries all to yourself
Share them around
That's what they tell me friends are for
I know there's got to be
An answer to your prayers
You gotta tell somebody who cares...

WHERE DOES THE TIME GO?

Where does the time go?
Like the tip of an arrow
It flies through the cold air
Of a long winter's day
Where does the time go?
If only we knew
I would take you there
To see our love grow
Where does the time go?

And you're looking back
On the things you said
And you're holding back
As you chase the thread
Of words and dreams
That you've always had
For the future

When you're passing through
All the idle ways
That you once believed
Would fill up your days
That you needed then
But you don't need now
To confuse you

Where does the time go...

When you add it up
There's so much to lose
From the past that lives
In the heart of you
If you don't respect
The time that fades
It will not come back
To be part of you

Living in the now
Is the thing to do
Where the past belongs

Is inside of you
And the future waits
Like a clear blue sky
To seduce you

Where does the time go...

TALK TO ME

Talk to me
I wanna be the friend that I should be
Don't you turn me down
Let me be there for you this time around
When it seems like the world is on your shoulder
It's a feeling I recognise
To tell the truth
We're all getting older
That makes it easier to empathise
It's you I care about
So get right to it and let it out
You know I'm listening
You can talk to me...

You've always been the one
To lend a helping hand to anyone
And so it's not a crime
For you to get a little help this time
Everybody needs someone to turn to
When it's cold and dark outside
Maybe I can help you through a bad time
If you'll only put away your pride
Because, it's only fair
I'm there for you so don't despair
You know I'm listening
You can talk to me...

Tell me if you'd rather be alone
Maybe you just need a little space
I can't believe there's nothing we can't do
To put a little smile back on your face

Why don't you talk to me
Don't leave me trying to solve a mystery
You've got to help yourself
No point retreating back into your shell
Don't turn your back on me
Don't hide your problems in secrecy
You know I'm listening
You can talk to me...

PERFECT STORM

There was a time
Everything was so easy
We were doing just fine
Without a worry or care in the world
Sometimes in life
Trouble can be
Just around the corner
Then out of the blue
Suddenly you
Get a wake up call

No word of a lie
My good intentions
Were coming apart at the seams
And without a prayer
Or divine intervention
Who knows what might have been

I was alone
Caught in a perfect storm
But I was saved by the cover of angels
Sent from above
So far from home
Caught in a perfect storm
I prayed for my soul to the heavens above
For the power of love
The power of love

To tell you the truth
I was a fool
To follow so blindly
Until you shone a light
On a life I never knew
You opened up my eyes
And now I see clearly
And everything I do
Is all down to you
And a wake up call

You've got to believe
I never done nothin'
How could you think such a thing
Yes I was a fool
But now I know better
I could have lost everything

I was alone...



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THE BEST I COULD

When the kids are leaving home
And I'm walking round an empty house
Filled with love and memories
And a feeling that makes me feel so proud

Like ice in a glass
We melted our days
How times slips away

If I can say
I did my best
I worked so hard and saved
To live just like the rest
The simple things in life
Made us feel good
As long as I can say
I did the best I could

Now the leaves are on the ground
And the games are packed into a draw
I look back and feel their love
That I was always searching for

Like dice in a cup
We rattle around
With both feet on the ground

If I can say...

The best I could
I wouldn't have to lose a wink of sleep
The best I could
To give away the things I couldn't keep

Well the kids have all left home
But they come around to see us anyway
We can look back and say
We did our best in each and every way

Like dice in a cup
We rattle around
With both feet on the ground

If I can say...

Produced by **Peter Van Hooke** and **Paul Carrack** for Carrack-UK

Basic tracks recorded at AIR Lyndhurst, London by **Geoff Foster**

Assisted by **Adam Miller**

Additional recording engineer **Graham Bonnett**

Mixed by **Martin Levan** at Red Kite Studios, Llanwrda, Wales

Mastered by **Ray Staff** at Air Mastering, London

Air Studio photography **Lena Semmelroggen** (Smashing Snapshots)

Vintage photography **Ben Carrack** (Snr)

Additional photography **Peter Van Hooke** except where stated

Cover concept **Paul Carrack, Peter Van Hooke, Ian Ross**

Cover design **www.ianrossdesigner.com**

Paul Carrack Vocals, keyboards, electric and acoustic guitars

Steve Gadd Drums

Robbie McIntosh Electric, acoustic, Dobro and slide guitars

Jeremy Meek Bass

Pee Wee Ellis Tenor sax, horn arrangements

Steve Beighton Baritone sax

Dennis Hobson Trombone

Gary Winters Trumpet

Frank Ricotti L.A. Percussion

Peter Van Hooke Percussion

Thanks to the Carrack-UK team: Isophase Audio, my touring band, Paul Charles at Asgard, Del Sawers and his team at Proper, Amanda Beel and everyone at All About Promotions, Adrian Tredinnick, Dave Clarke, Alan Rogan, Bill Puplett, Ian Ross and Paul Copley for the website. Thanks also to Yamaha, Audioquest, Sennheiser, Jon Thompson, HP Zachary and Mark Mellor. Richard Boote and Alison Burton at Air, Kari Nieminen (Versoul Guitars). Paul Mortimer at Emerging / PSI Audio.

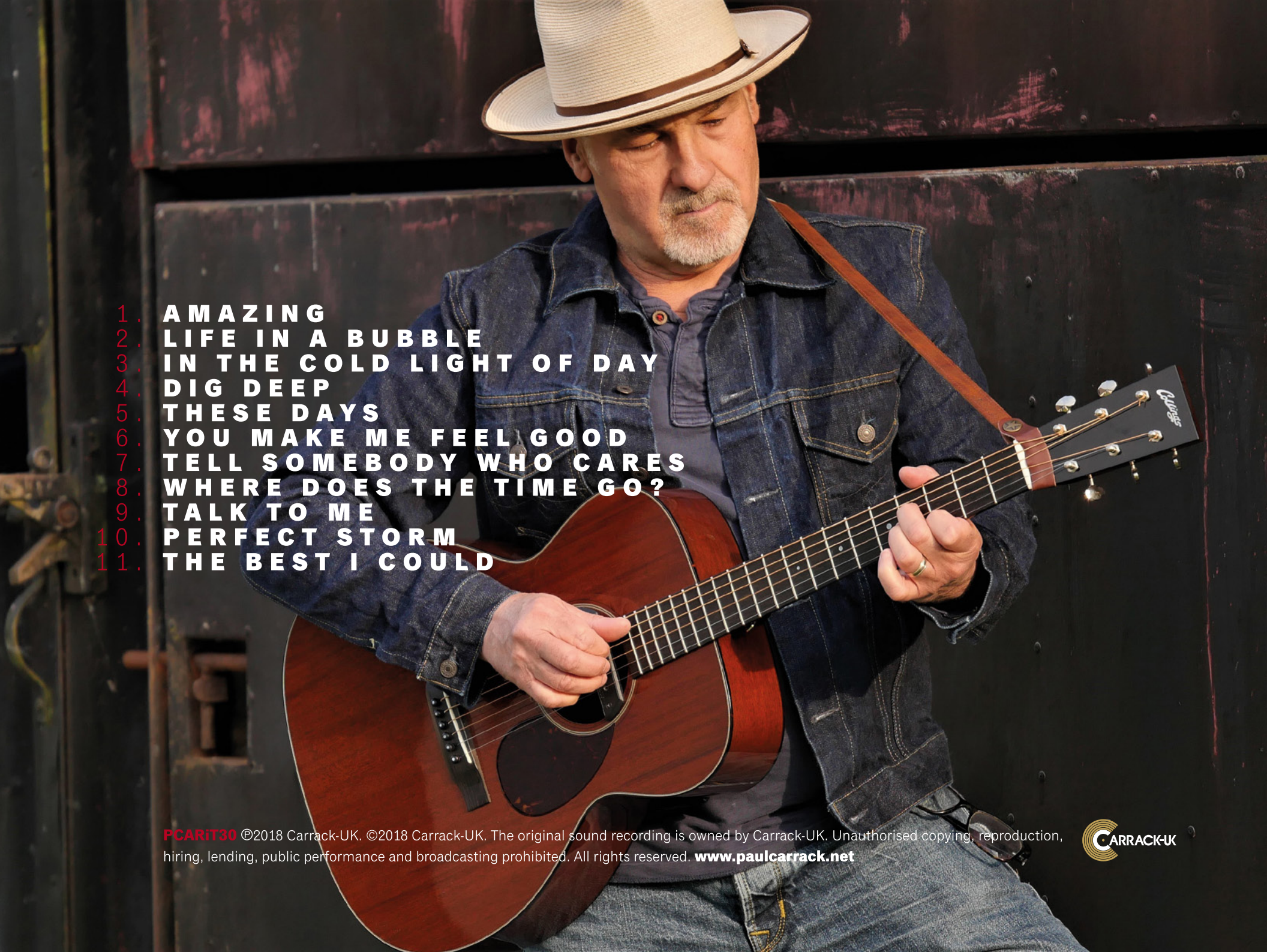
Paul Carrack uses  **D'Addario** guitar strings

Keep in touch with Paul via his website: **www.paulcarrack.net**

 **www.facebook.com/carrack.net**

 **twitter.com/pcarrack**

All songs written by Paul Carrack. MCPS/PRS
except tracks 3, 4, 5, 8, 11: Paul Carrack / Chris Difford. MCPS/PRS - Kobalt.
Lyrics used by kind permission

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- A man with a grey beard and mustache, wearing a light-colored straw hat and a dark blue denim jacket over a blue shirt, is playing a brown acoustic guitar. He is looking down at the guitar. The background is a dark, textured wall, possibly a metal door or wall. The guitar has a dark headstock with the brand name 'Carrack' visible.
1. AMAZING
 2. LIFE IN A BUBBLE
 3. IN THE COLD LIGHT OF DAY
 4. DIG DEEP
 5. THESE DAYS
 6. YOU MAKE ME FEEL GOOD
 7. TELL SOMEBODY WHO CARES
 8. WHERE DOES THE TIME GO?
 9. TALK TO ME
 10. PERFECT STORM
 11. THE BEST I COULD

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