

BEFORE YOU DIVE IN

I wrote this book to music. As I went, I started making a playlist of the songs that particularly inspired me or seemed to magically fit with the section I was working on at the time. And then I started to wonder...what if the songs that helped me get in the flow of writing could help you get in the flow of reading? So at the beginning of each chapter, you'll find I've noted a song that was particularly meaningful while I was writing that portion of the book. It's just a small offering, friend to friend. I hope it enriches your reading experience.

Create your own playlist, mixtape, or record collection using the full song list in Appendix A or you can find my playlist on Spotify by searching "Duck Dive."

APPENDIX A – THE MUSIC

It's like a soundtrack for a book. Find it on Spotify by searching playlists → Duck Dive or use this list to make your own

	ARTIST	SONG	ALBUM	SOURCE	DISTRIBUTORS/HOLDERS	RELEASED
NEW						
1.1	Jim James, Teddy Abrams, Louisville Orchestra	"Back To The End Of The World"	Back To The End Of The World	UMC - Decca Gold	A Decca Gold release / © © 2019 UMG Recordings, Inc.	September 27, 2019
1.2	Tyler Childers	"Lady May"	Purgatory	Hickman Holler Records	© © 2017 Hickman Holler Records marketed & distributed by Thirty Tigers	February 9, 2022
1.3	Shakey Graves and Sierra Ferrell	"Ready or Not"	Ready or Not (feat. Sierra Ferrell)	Dualtone Music Group, Inc.	© © 2022 Dualtone Music Group, Inc.	February 9, 2022
1.4	Rayland Baxter and Dylan LeBlanc	"Mother, Mother"	Luck Mansion Sessions	Third Man Records	© © 2017 Third Man Records, LLC	March 17, 2017
1.5	Willie Nelson	"Something You Get Through"	Last Man Standing	Legacy Recordings	© 2018 Sony Music Entertainment	April 27, 2018
1.6	Dr. Dog	"The Breeze"	Fate	Wc Buy Gold Records	© © 2008 Wc Buy Gold Records	May 2, 2008
1.7	Stephen Sanchez	"Lady by the Sea"	Lady by the Sea	Republic Records	© © Stephen Sanchez, under exclusive license to Mercury Records/ Republic Records, a division of UMG Recordings, Inc.	December 18, 2020
1.8	Jim James	"I Just Wasn't Made For These Times"	Tribute To 2	ATO Records	© © 2017 ATO Records, LLC. All Rights Reserved.	December 8, 2017

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WAXING CRESCENT						
2.1	Sleeping At Last	"One"	Atlas: Enneagram	Asteroid B-612	© © 2019 Asteroid B-612	July 11, 2019
2.2	The Beatles	"Here Comes the Sun"	Abbey Road (Remastered)	EMI Catalogue, Concord Music Publishing	© 2015 Apple Corps Ltd / © 2015 Calderstone Productions Limited (a division of Universal Music Group)	September 26, 1969
2.3	Free	"Oh I Wepr"	Fire and Water	UMC (Universal Music Catalogue)	© © 1970 Universal-Island Records Ltd.	June 26, 1970
2.4	Tyler Childers	"All Your'n"	Country Squire	Hickman Holler Records / RCA Records	© 2019 Hickman Holler Records, under exclusive license to RCA Records, a division of Sony Music Entertainment	August 2, 2019
2.5	The Beatles	"The Long and Winding Road"	Let It Be (Remastered)	EMI Catalogue	© 2015 Apple Corps Ltd / © 2015 Calderstone Productions Limited (a division of Universal Music Group)	May 8, 1970
2.6	Noah Kahan	"Everywhere, Everything"	Stick Season	Mercury Records / Republic Records	© © 2022 Mercury Records / Republic Records, a division of UMG Recordings, Inc.	October 14, 2022
2.7	Maya Manuela Featuring Pembroke	"multiverse"	multiverse	Maya Manuela	© © 2022 Maya Manuela	November 11, 2022
2.8	The 1975	"When We Are Together"	Being Funny In A Foreign Language	Dirty Hit	© © 2022 Dirty Hit	October 14, 2022

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FIRST QUARTER						
3.1	Fruit Bats	"When U Love Somebody"	Mouthfuls	Sub Pop Records	© © 2003 Sub Pop Records	August 4, 2003
3.2	The Avett Brothers	"I Wish I Was"	True Sadness	RRE, LLC / Republic	© © 2016 Republic Records, a division of UMG Recordings, Inc.	June 24, 2016
3.3	Nathaniel Rateliff & the Night Sweats	"The Future"	The Future	Stax	© © 2021 Stax Records, Distributed by Concord	November 5, 2021
3.4	Jason Isbell and the 400 Unit	"If We Were Vampires"	The Nashville Sound	Southeastern Records	© © 2017 Southeastern Records	June 16, 2017
3.5	Nick Drake	"Pink Moon"	Pink Moon	UMC (Universal Music Catalogue)	© © 1972 Island Records, a division of Universal Music Operations Limited	February 25, 1972
3.6	John Prine	"I Remember Everything"	I Remember Everything	Oh Boy Records, Downtown Music Publishing	© © 2020 Oh Boy Records marketed and distributed by Thirty Tigers	June 11, 2020
3.7	Taylor Swift	"Midnight Rain"	Midnights (3am Edition)	Taylor Swift, Universal Music Publishing	© © 2022 Taylor Swift	October 22, 2022
3.8	M. Ward	"Chinese Translation"	Post-War	Merge Records	© © 2006 Merge Records	August 22, 2006

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	ARTIST	SONG	ALBUM	SOURCE	DISTRIBUTORS/HOLDERS	RELEASED
WAXING GIBBOUS						
4.1	Johnny Flynn	"Einstein's Idea"	Country Mile	Transgressive	©© 2013 Transgressive Records	September 30, 2013
4.2	Shakey Graves	"Chinatown"	Role The Bones X	Dualtone Music Group	©© 2021 Dualtone Music Group, a division of MNRK Records	April 2, 2021
4.3	Fleet Foxes	"If You Need To, Keep Time On Me -Solstice Version"	A Very Lonely Solstice	Anti / Epitaph	©© 2021 Fleet Foxes, under exclusive license to Anti	December 10, 2021
4.4	The Mamas & The Papas	"Gemini Childe"	All The Leaves Are Brown (The Golden Era Collection)	Geffen	A Geffen Records Release © 2001 UMG Recordings, Inc. © This Compilation © 2001 UMG Recordings, Inc.	August 28, 2001
4.5	Bakar	"Hell N Back"	Hell N Back	Black Butter, Sony Music Publishing	© 2019 Bakar under exclusive license to Black Butter Limited	August 15, 2019
4.6	flipturn	"August (Acoustic)"	August (Acoustic)	flipturn	©© 2019 flipturn	February 15, 2019
4.7	Mr. Joy	"Astrovan"	Mr. Joy	Dualtone Music Group, Inc.	©© 2018 Dualtone Music Group, a division of MNRK Records	March 2, 2018
4.8	Father John Misty	"Goodbye Mr. Blue"	Chloë and the Next 20th Century	Sub Pop Records	©© 2022 Joshua Tillman, under exclusive license to Sub Pop Records	April 8, 2022

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	ARTIST	SONG	ALBUM	SOURCE	DISTRIBUTORS/HOLDERS	RELEASED
FULL						
5.1	Jimi Hendrix	"The Wind Cries Mary"	Are You Experienced	Legacy Recordings	© 2009 Experience Hendrix L.L.C., under exclusive license to Sony Music Entertainment	May 12, 1967
5.2	Everclear	"Santa Monica"	Sparkle And Fade	Capitol Records	A Capitol Records Release © © 1995 Capitol Records, LLC	May 11, 1995
5.3	Big Thief	"Change"	Dragon New Warm Mountain I Believe In You	4AD	© © 2022 Big Thief under exclusive license to 4AD Ltd	February 11, 2022
5.4	Corey Kilgannon	"God Is Just the Universe"	God Is Just the Universe	Corey Kilgannon, under exclusive license to Amuseio AB	© © 2020 Corey Kilgannon, under exclusive license to Amuseio AB	April 12, 2020
5.5	Fleet Foxes	"I'm Not My Season - Solstice Version"	A Very Lonely Solstice	Anti / Epitaph	© © 2021 Fleet Foxes, under exclusive license to Anti	December 10, 2021
5.6	Billie Marten	"La Lune"	Writing of Blues and Yellows (Deluxe Version)	Chess Club / RCA Victor	© 2016 Sony Music Entertainment UK Limited	September 23, 2016
5.7	HAIM	"Leaning On You"	Women in Music Pt. III	Columbia, Sony Music Publishing	© 2021 Haim Productions Inc, under exclusive license to Columbia Records, a division of Sony Music Entertainment	February 19, 2021
5.8	Bob Dylan	"I Contain Multitudes"	Rough and Rowdy Ways	Columbia	© 2020 Columbia Records, a Division of Sony Music Entertainment	June 19, 2020

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6.1	Maria Kelly	"the sum of the in-between"	the sum of the in-between	Vera Records	© © 2021 Vera Records	October 15, 2021
6.2	Love You Later	"Growing Season"	Growing Season	Love You Later	© © 2018 Love You Later	November 23, 2018
6.3	John Mayer	"You're Gonna Live Forever In Me"	The Search for Everything	Columbia	© 2017 Columbia Records, a Division of Sony Music Entertainment	April 14, 2017
6.4	Fleet Foxes	"In the Morning - Solstice Version"	A Very Lonely Solstice	Anti / Epitaph	© © 2021 Fleet Foxes, under exclusive license to Anti	December 10, 2021
6.5	boygenius, Julien Baker, Lucy Dacus, Phoebe Bridgers	"True Blue"	the record	boygenius under exclusive license to Interscope Records	© © 2023 boygenius, under exclusive license to Interscope Records	March 1, 2023
6.6	Bonny Light Horseman, Eric D. Johnson, Josh Kaufman, Anaïs Mitchell	"Deep In Love"	Bonny Light Horseman	37d03d, Shelly Bay Music LLC	© © 2020 37d03d	January 24, 2020
6.7	Oshima Brothers	"Love is Tall"	Dark Nights Golden Days	Oshima Brothers Music	© © 2022 Oshima Brothers Music	April 1, 2022
6.8	PeteY	"Microwave Dinner"	Lean Into Life	Terrible Records	© © 2022 Terrible Records	September 29, 2022

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THIRD QUARTER						
7.1	Father John Mistry	"Nancy From Now On"	Fear Fun	Sub Pop Records	© 2012 Sub Pop Records	May 1, 2012
7.2	Bermuda Triangle	"Till the End of Days"	Till the End of Days	Blackfootwhitefoot Records	© 2018 Blackfootwhitefoot Records	June 21, 2018
7.3	Ye Vagabonds	"Blue is the Eye"	Nine Waves	River Lea Records	© 2022 River Lea Recordings	May 13, 2022
7.4	Quiet Houses	"Cold Water Swimming"	Cold Water Swimming	Lab Records	© 2021 LAB Records, Ltd	October 8, 2021
7.5	Lorde	"Secrets from a Girl (Who's Seen it All)"	Solar Power	Universal Music New Zealand Limited	© 2021 Universal Music New Zealand Limited	August 20, 2021
7.6	John Mayer	"Emoji of a Wave"	The Search for Everything	Columbia	© 2017 Columbia Records, a Division of Sony Music Entertainment	April 14, 2017
7.7	The Wild Reeds	"Fall With Me"	New Ways to Die	Dualtone Music Group, Inc.	© 2018 Dualtone Music Group, Inc.	September 28, 2018
7.8	Palace	"Where Sky Becomes Sea"	Where Sky Becomes Sea	Fiction	A Fiction Records Release © 2021 Universal Music Operations Limited	November 12, 2021

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8.1	The 1975	"All I Need To Hear"	Being Funny In A Foreign Language	Dirty Hit	© 2022 Dirty Hit	October 14, 2022
8.2	The Beatles	"Across the Universe"	Let It Be (Remastered)	EMI Catalogue	© 2015 Apple Corps Ltd / © 2015 Calderstone Productions Limited (a division of Universal Music Group)	May 8, 1970
8.3	May Erlewine, Woody Goss	"Palm of My Hand"	Anyway	sapsucker productions	© 2020 sapsucker productions	August 14, 2020
8.4	The Brook & The Bluff	"Don't Worry Baby"	Don't Worry Baby	The Brook & The Bluff	© 2020 The Brook & The Bluff	October 9, 2020
8.5	Lizzy McAlpine	"Ceilings"	five seconds flat	Harbour Artists & Music	© 2022 Harbour Artists & Music under exclusive license to AWAL Recordings America, Inc.	April 8, 2022
8.6	Lizzy McAlpine	"When The World Stopped Moving"	When The World Stopped Moving: The Live EP	Harbour Artists & Music	© 2021 Harbour Artists & Music	April 21, 2021
8.7	My Morning Jacket	"Wordless Chorus"	Z	ATO Records	© 2005 ATO Records, LLC	October 4, 2005
8.8	Fruit Bats	"Ocean"	Gold Past Life	Merge Records	© 2019 Merge Records	June 21, 2019

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NEW						
9.1	Adam Melchor	"Last Time"	Last Time	R&R Digital / Warner Records, Sony Music Publishing	© © R&R Digital with Warner Records, © © 2021 Coquito Records LLC, under exclusive license to Warner Records	January 8, 2021
9.2	The Beatles	"I'll Follow the Sun - Remastered 2009"	Beatles for Sale (Remastered)	EMI Catalogue	© 2015 Apple Corps Ltd / © 2015 Calderstone Productions Limited (a division of Universal Music Group)	December 4, 1964
9.3	Oh Wonder	"Baby"	22 Break	Universal-Island Records Ltd.	An Island Records Release © © 2021 Universal Music Operations Limited	October 8, 2021
9.4	HAIM	"Up From A Dream"	Women in Music Pt. III	Columbia, Kobalt Music Publishing, Sony Music Publishing	© © 2021 Haim Productions Inc. under exclusive license to Columbia Records, a division of Sony Music Entertainment	February 19, 2021
9.5	Andrew Bird	"Manifest"	My Finest Work Yet	Loma Vista Recordings	© © 2019 Wegawam Music Co., under exclusive license to Loma Vista Recordings, distributed by Concord Music Group, Inc.	March 22, 2019
9.6	Phoebe Bridgers	"I Know the End"	Punisher	Dead Oceans	© © 2020 Dead Oceans	June 18, 2020
9.7	Trampled by Turtles	"Walt Whitman"	Stars and Satellites	Banjodad Records	© © 2012 Banjodad Records	April 10, 2012
9.8	My Morning Jacket	"One In the Same"	It Still Moves	ATO Records	© © 2003 ATO Records, LLC	September 9, 2003