

I. GROW UP

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

All these years passing by, getting old and getting high. / Did we grow up like we should? Nah nah, nah nah, no way.../Hey, it took us by surprise; growing crazy, growing wise. / Did we grow up like we should? Nah nah, nah nah, no way... / Now our children want to know, were we children long ago? / Did we grow up like we should? Nah nah, nah nah, no way.../ They have so much more to learn, it's their life now, it's their turn. / Will they grow up like they should? Nah nah, nah nah, no way... / Yes, we're learning everyday; what we learn is hard to say. / Did we grow up like we should? Nah nah, nah nah, no way...

2. SANITY

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra,violões e bandolim: heraldo paarmann, steel guitar: alex fornari,baixo: alexandre puga, bateria: fred barion

Don't know why you're leaving, you've been trying to say goodbye. / Don't you go too far now, I would like another try./ We've been sharing all our secrets. We've been living day by day. / Walking down the same old street, now we're heading different ways. / (Chorus) Bye bye sanity. Sanity, bye, bye. / I'm going crazy for a while. / Seems like you're gone now, I can't feel you anymore. / You're flying out the window, I am staring at the floor. / You've been leaving me for years. Now you're gone without a trace. / I'll be fighting back my tears, I'll be waiting just in case. / (Chorus)

3. GONE FOR GOOD

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

I'm reminiscing tonight, past days in my head; thinking about all the good friends I had. / I can't remember some names, though I probably should. There's a name in my mind, but the friend is gone for good. / I'm feeling his presence with me here today. How can he be near me, when he's gone away? / I remember his touch, I remember his smile. He still helps me out every once in a while. / I wasn't quite ready, I lost him too young. He made my life better and then he was gone. / Why would he visit me here this way? Something to tell me? Something to say? / He thanks me for making his life better too; his message from heaven, I'm caring for you. / He tells me: "Don't worry, it will be alright". My personal angel, good journey, good night. / I'm glad he decided to visit this way, letting me know what he had to say. He's dancing his way back into the light/ My personal angel, good journey, good night.

4. I'LL BE THERE FOR THE RIDE

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra e piano: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

You've been riding alone, now you're riding with me. / We are going the distance,whatever it be. / (Chorus) If the road gets to you, I'll stand by your side. I'll be there for the journey, I'll be there for the ride. / There's been no one behind you, no one there for a while. / I'll be climbing on board, we'll be riding for miles. / You've been traveling too long, baby, you have gone far away. / There's a sound of a stranger in the words you don't say. / (Chorus) / I will help you discover all the places you hide. I'll be there for the journey, I'll be there for the ride. / (Chorus)

5. GOING TO HEAVEN

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

He listens to many, but he prays to the One. / He begs at the moon and worships the sun. / He knows there's a good man who walked on the sea. / But is he going to heaven with me? / He walks in the darkness, but there's light in his soul./ Describing a place that he's ready to go. / Eternal redemption just like one two three. / But is he going to heaven with me? / He's lighting up candles to brighten his days. / He's hiding from glory, he's running from grace. / He's twisted, erratic. His spirit is free. / But is he going to heaven with me? / His search is not over, his religion is wild. / He aims for the father, he misses the child. / He knows when he's gone there's a place he will be. / But is he going to heaven with me?

6. EGO WARS

[BIA LOMBARDI / HERALDO PAARMANN]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

You say you love me, but I should be leaving you behind. / You say you need me, but all you need is to be right. / You say you want me, but what you want is the world on your mind. / You said you'd leave me, I said: "You go ahead, I'll die". / (Chorus) So what do we do? When what you want is not reality. Where do we go? What's right for you may not be right for me. So what do we do? Where do we go? Even though I love you so... / I said I'd follow you, but you're driving me around again. / I said I'd die for you, if you could only understand. / So what is wrong with you? What you see is not what you will get. / I said I'd be with you, but not through all your hells and back. / (Chorus)

7. TRANSLATE THE WORLD FOR ME

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

War on television, exposing violence. / Please translate the world for me, it doesn't make too much sense. / Young men keep on dying, and it makes no difference. / Please translate the world for me, it doesn't make too much sense. / (Chorus) So what's the point then? What for? Convenience? Explain this life for me, it doesn't make too much sense. / Leaders growing crazy and people growing tense. / Please translate the world for me, it doesn't make too much sense. / (Chorus) / Making wrong decisions, a sad coincidence. / Please translate the world for me, it doesn't make too much sense.

8. MISSING LINK

[HERALDO PAARMANN VERSÃO ALEXANDRE PUGA]

vocal: bia lombardi, guitarra, violões e teclado: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

Remember the child inside me? True to her feelings. / She's longing for living. / What happened to her open heart? / Trying to find her over and over; when did she go hiding? / A missing link, a chapter forgotten. / Somewhere back, she's crying. / Is she hurting, broken forever? Is she living in fear? / No more hope in her eyes? / I need her in my life. / I'm longing to find her and let her know; / I need her now so that I can go on.

9. 4 J'S

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

Please don't go, I told him so. There is no going back. / Pour me one, my man is gone. I'll just say hello to Jack. / (He said) You're the one, you're lots of fun, you are my everything. / What the hell, he said farewell, and I'll be moving on to Jim. / Listen darling, keep on walking. It is too late, honey. / I won't bother, pour me another, I'll be making love to Johnny. / It's all right, I'm kind of high. I'm glad he went away. / Listen daddy, I am ready. I'll be loving my Jose. / Dear Jack and Johnny, Jim, Jose, my men. Now that we are over him, let us party once again.

10. DIVA

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

Her name is simply Diva, and it does fit her well if you look. / She's standing on the corner. She's got the oldest work in the book. / Her little boy's name is David, his father has never been known. / She's longing to change her routine, but she's raising the boy on her own. / (Chorus) And so, she sells her body one more time. Diva is back on the street. She almost left it all behind. / She wished there was another way to get the hell out of the game. A prayer to start over again, and hope her nights are not the same. / She's placing her bets in the city, and it's not as easy as it seems. / Paying the price with her body, for David to follow his dreams. / (Chorus)

11. SHOCK ME, BABY

[ALEXANDRE PUGA / ANGELO BELLIZIA]

vocal: bia lombardi, guitarra: heraldo paarmann, baixo: alexandre puga, bateria: fred barion

Mirror, mirror don't you be so mean. Can't you trick me into looking thin? / Change my body, honey free my soul. Muscle magic, won't you make it grow? / (Chorus) Can you turn my body into something good? Hook me up I need to start feeling good. Turn on the power, juice it all the way. Jumpstart my muscle, energize my day. Shock me baby, shock me baby. Shock me baby, shock me baby. / Plug me in and make me disappear. Give me figure, take away my fear. / Exercise my body and my brain. Work me out before I go insane. / (Chorus)

BONUS TRACK: GONE FOR GOOD (ALTERNATIVE VERSION)

[ALEXANDRE PUGA / RONEY GISH]

vocal: bia lombardi, guitarra: heraldo paarmann, Hammond: Rodrigo hid, baixo: alexandre puga, bateria: fred barion

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