Here's to feeling good all the time

- 1. Hear Me Lord 6:04 Shanda Oliver Mtukudzi
- 2. Poor Man's Paradise 4:45 Street Symphony The Subdudes
- 3. Chatty Chatty 4:05 *Just Like That Toots and the Maytals
- 4. Spend the Weekend 4:24 Knock Out 1981 Toots and the Maytals
- 5. Eagle and Hawk 2:55 The Blues is Life 1962 Victoria Spivey
- 6. (Honey) It's Tight Like That 2:38 The Guitar Wizard Tampa Red
- 7. Aberdeen Mississippi Blues 2:36 The Complete Bukka White Bukka White
- 8. It's a Sin to Tell a Lie 2:02 Jessie's Jig and Other Favorites 1975 Steve Goodman
- 9. Gonna Quit You 3:54 Le Blues Hot Brad Vickers And His Vestapolitans
- 10. Festis Believe In Justice 2:06 Born For You Rockie Charles
- 11. You Got The Right Key But The Wrong K... 3:39 Save The Bones Danny Barker
- 12. Telephone Road 3:43 El Corazón Steve Earle
- 13. The Blues is Here to Stay 6:02 Fever for the Bayou Tab Benoit
- 14. Ordinary Pain 6:23 Songs in the Key of Life (Disc 1) Stevie Wonder
- 15. San Diego Serenade 3:30 The Heart Of Saturday Night Tom Waits
- 16. No Gods and Precious Few Heros 3:59 Sail On Dick Gaughan
- 17. Needle in the Hay 4:18 The Royal Tenenbaums Elliott Smith