

## **Jamie O' Neal**

### **"Frantic"**

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Wake up, ninety miles an hour  
Take the world's fastest shower  
Coffee black, microwave it  
I'm at at my best caffeinated  
Out the door, picked up the pace  
I'm here, I'm there, I'm everywhere

That's how it goes, a day in my life  
I'm on my toes from mornin' to night  
Livin' like this, some might say, "It's  
So exhaustin', frenzied, manic"  
Call me nuts but I like it frantic

I'm not built for relaxing  
I get bored without some action  
One speed is all I know  
Seize the day, yeah that's my motto  
Maybe someday I'll slow down  
Maybe someday but for now

That's how it goes, a day in my life  
I'm on my toes from mornin' to night  
Livin' like this, some might say, "It's  
So exhaustin', frenzied, manic"  
Call me nuts but I like it frantic

Things I haven't done  
Keep me on the run  
But time, it sure does fly  
When you're having so much fun

That's how it goes  
That's how it goes, a day in my life  
I'm on my toes from mornin' to night  
Livin' like this, some might say, "It's  
So exhaustin', frenzied, manic"  
Call me nuts but I like it frantic

Oh, I like it frantic, yeah, yeah, yeah  
Oh, I like it frantic, yeah, yeah, yeah  
Yeah, I like it frantic, that's how it goes  
I like it frantic

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