

# Jamie O'neal

## "Frantic"

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

That's how it goes  
A day in my life  
I'm on my toes  
From morning 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 bulit 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 morning 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 sure does fly  
When you're having so much fun

That's how it goes  
A day in my life  
I'm on my toes  
From morning 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  
Oh, I like it frantic  
Yeah, I like it frantic  
That's how it goes  
I like it frantic

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