

## **Now That's What I Call Music! "Everyone's Free"**

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If i could offer you one tip for the future, sunscreen  
Would be it. the  
Long-term benefits of sunscreen have been proved by  
Scientists whereas the  
Rest of my advice has no basis more reliable than my  
Own meandering  
Experience... i will dispense this advice now

Enjoy the power and beauty of you youth; oh,  
Nevermind, you will not  
Understand the power and beauty of your youth until  
They've faded. but trust  
Me, in 20 years you'll look back at photos of yourself  
And recall in a way  
You can't grasp now, how much possibility lay before  
You and how fabulous  
You really looked. you are not as fat as you imagine

Do not worry about the future; or worry, but know that  
Worrying is as  
Effective as trying to solve and algebra equation by  
Chewing bubblegum. the  
Real troubles in life are apt to be things that never  
Crossed your worried  
Mind; the kind the blindsides you an 4pm on some idle  
Tuesday

Do one thing everyday that scares you

Sing

Do not be reckless with other peoples hearts. do not  
Put up with people who  
Are reckless with yours

Floss

Don't waste your time on jealousy; sometimes you're  
Ahead, sometimes you're  
Behind. the race is long, and in the end, it's only with  
Yourself

Remember compliments you receive. forget the  
Insults. if you succeed in doing  
This, tell me how

Keep your old love letters. throw away your old bank  
Statements

Stretch

Do not feel guilty if you don't know what you wanna do  
With your life,...  
The most interesting people i know didn't know at 22  
What they wanted to do  
With their lives, some of the most interesting 40 year  
Olds i know still  
Don't

Get plenty of calcium

Be kind to your knees, you'll miss them when they're  
Gone

Maybe you'll marry, maybe you won't. maybe you'll  
Have children, maybe you  
Won't. maybe you'll divorce at 40. maybe you'll dance  
The funky chicken at  
Your 75th wedding anniversary.... whatever you do,  
Don't congratulate  
Yourself too much or berate yourself either - your  
Choices are half chance,  
So are everybody else's

Enjoy your body, use it every way you can... don't be  
Afraid of it, or what  
Other people think of it... it's the greatest instrument  
You'll ever own

Dance... even if you have nowhere else to do it but in  
Your own living room

Read the directions, even if you don't follow them

Do not read beauty magazines they will only make  
You feel ugly

Get to know your parents, you never know when they  
Might be gone for good.  
Be nice to your siblings; they're your best link to your  
Past, and the  
People most likely to stick with you in the future

Understand that friends come and go, except for the  
Precious few you should  
Hold on. work hard to bridge the gaps in geography  
And lifestyle because the  
Older you get, the more you need the people you knew  
When you were young

Live in new york city once, but leave before it makes  
You hard. live in  
Northern california once, but, leave before it makes  
You soft

Travel

Accept certain inalienable truths. prices will rise,  
Politicians will  
Philander, you too will get old. and when you do, you'll  
Fantasize that when  
You were young, prices were reasonable, politicians  
Were noble, and children  
Respected their elders

Respect your elders

Don't expect anyone else to support you. maybe  
You'll have a trust fund,  
Maybe you'll have a wealthy spouse; but you never  
Know when either one might  
Run out

Don't mess too much with your hair, or by the time it's  
40, it will look 85

Be careful whose advice you buy, but, be patient with  
Those who supply it.  
Advice is a form of nostalgia; dispensing it is a way of  
Fishing the past  
From the disposal, wiping it off, painting over the ugly  
Parts, and  
Recycling it for more than it's worth

But trust me on the sunscreen

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