



# Lose Yourself



This is an **old revision** of this page, as edited by [174.119.211.163 \(talk\)](#) at 23:04, 15 December 2017 (→ [Cover versions](#)). The present address (URL) is a **permanent link** to this revision, which may differ significantly from the **current revision**.

"**Lose Yourself**" is a song by American rapper [Eminem](#) from the [soundtrack](#) to the 2002 motion picture *8 Mile*. The song was written by Eminem and produced by Eminem along with longtime collaborator [Jeff Bass](#), one half of the production duo Bass Brothers, and [Luis Resto](#). It was released on October 28, 2002, as the [lead single](#) from the soundtrack.

## "Lose Yourself"

### [Song](#)

"Lose Yourself" received acclaim from [music critics](#), with many critics praising the song's aggressive themes and describing it as Eminem's best work to date. Eminem's rapping ability, the lyrics and the production were also praised. In many retrospective reviews and lists, critics have cited the song among Eminem's finest, as well as one of the best hip hop songs of all time. "Lose Yourself" was a commercial success, peaking atop of the charts in eighteen countries, including the United Kingdom and Australia. In the United States, "Lose Yourself" reached number one on the *Billboard* [Hot 100](#), becoming the first of five Eminem singles to top the Hot 100.

"Lose Yourself" won the [Academy Award for Best Original Song](#) in 2003, making it the first ever rap song to have received this accolade,<sup>[4]</sup> and also won the [Grammy Award for Best Rap Song](#) and [Best Rap Solo Performance](#) in 2004. In 2004, it was one of only three hip hop songs from the 21st century to have been included on *Rolling Stone*'s list of the "[500 Greatest Songs of All Time](#)", and was also the highest ranking, at number 166. *Rolling Stone* also ranked it one of the top 50 hip hop songs of all time. The song was certified [quintuple platinum](#) by the [Recording Industry Association of America](#),<sup>[5]</sup> and as of September 2017, it has 7.4 million downloads in the United States alone.<sup>[6]</sup> It was ranked number 93 on *AFI's 100 Years...100 Songs* list. In October 2011, *NME* placed it at number 57 on its list "150 Best Tracks of the Past 15 Years".<sup>[7]</sup>

## Background

Eminem says that "Lose Yourself" was written on set, during breaks while filming *8 Mile*.<sup>[8]</sup> [Taryn Manning](#), who played Eminem's ex-girlfriend Janeane in *8 Mile*, said in an interview with [MTV](#), that during the filming of the movie, in any downtime, Eminem was writing and that "you could just see him formulating stuff in his head."<sup>[9]</sup> According to studio engineer Steven King, who spoke to *Rolling Stone* magazine, Eminem recorded the song in a portable studio on the set while he was on a break from shooting, recording all three verses in one take.<sup>[10]</sup> The sheet on which he wrote the song appears in *8 Mile* in a scene where his character is writing while riding the bus. A Drum & Bass remix has been made and was released on the [mixtape](#) *Straight from the Lab*, as a European bonus track.

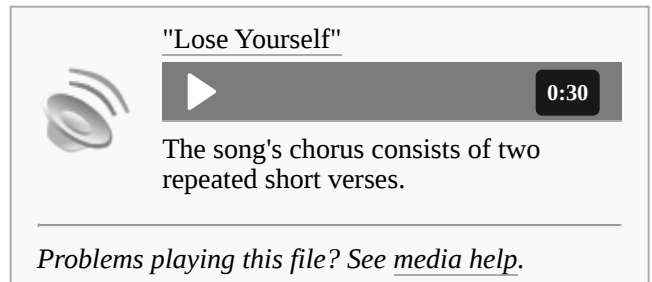
The official demo version of this song, titled "Lose Yourself (Demo Version)" with two different verses and a slightly different hook, was released on the album Shady XV November 24, 2014.<sup>[4]</sup>

## Composition

---

"Lose Yourself" is a mid-tempo track with an urgent narrative delivery. The song's lyrics explicitly sum up the background of Eminem's character in *8 Mile*, B-Rabbit, with the first verse summing up much of the plot of the movie. The song incorporates several aggressive themes, largely dealing with the struggles dealt with by B-Rabbit, and how he eventually overcomes his many problems and obstacles to gain the respect of other rappers.

The song's production incorporates piano, violins and several other string instruments. The song is one of four new Eminem solo songs featured on the soundtrack, the other three being titled "8 Mile", "Rabbit Run" and "Stimulate" (included on deluxe edition only). Several critics cited this trio of songs as the best three from the soundtrack, as well as the most aggressive songs ever recorded by Eminem. Piano chords described as "instantly recognizable" open the song.<sup>[11]</sup> Throughout the song there is a "tense, unrelenting guitar lick".<sup>[12]</sup> The song is composed in the key of D minor.



## Critical reception

---

"Lose Yourself" received critical acclaim, with many critics praising the song's aggressive themes and describing it as Eminem's best work to date. Eminem's rapping ability, the lyrics and the production were also praised as well. In many retrospective reviews and lists, critics have cited the song among Eminem's finest, as well as one of the best hip-hop songs of all time. AllMusic editor Stephen Thomas Erlewine praised the song's production: "The opening track and first single "Lose Yourself" is easily equaled by the title song with its layered pianos" and he highlighted it.<sup>[13]</sup>

NME was extremely positive: "Eminem's urgent radio hit 'Lose Yourself', you already know. It's excellent, if obviously an offcut from 'The Eminem Show', all thundering rawk guitars and Rocky-ish bassline (appropriately enough)."<sup>[14]</sup> RapReviews also noted: "And as all great journeys begin with a single step, so too does Eminem with this album's opening song AND lead single entitled "Lose Yourself":<sup>[15]</sup> 411 Mania praised the song: "The album wastes no time, delivering the hit 'Lose Yourself' as the first track. The song is basically as close to a ballad as Eminem will ever get. It is a very hot, adrenaline-laced track. It also continues Eminem's recent trend of putting out tracks with more of a meaning."<sup>[16]</sup>

## Chart performance

---

In the United States, "Lose Yourself" debuted on the Billboard Hot 100 singles chart the week of October 5, 2002, at No. 43. A week later, the single jumped to No. 18, and hit No. 1 by November 9. The single spent 16 total weeks in the Top 10, and a total of 23 weeks in the Top 50. While in the No. 1 spot (from 11/09/02 through 1/25/03), "Lose Yourself" kept several top contenders for the No. 1 spot from ever reaching No. 1, including Jay-Z, Nelly, Jennifer Lopez, Christina Aguilera, and especially Missy Elliott, whose single "Work It" was at No. 2 for 10 weeks. The song also topped the Pop Songs chart for 7 weeks and hit No. 4 and No. 2 on the Hot R&B/Hip-Hop Songs and Rap Songs charts. The song also used some rock music origins allowing moderate

success to alternative rock radio peaking No. 14 on the Modern Rock Tracks chart, the rapper's only song to chart. It reached 4 million in sale by August 2011,<sup>[17]</sup> and as of September 2017, it has sold 7.37 million copies in the U.S.<sup>[6]</sup>

In France, it is the 53rd best-selling single of the 21st century, with 386,000 units sold as of August 2014.<sup>[18]</sup> By December 2016, it had sold more than 11,590,000 units worldwide.

## Music video

---

The song's accompanying music video, directed by Eminem, manager Paul Rosenberg and Phillip G. Atwell,<sup>[19]</sup> was released on October 7, 2002. The video is a mixture of several scenarios, largely including several scenes from *8 Mile*, however it also contains scenes addressing problems the real life Eminem has addressed, as well as "B-Rabbit"'s difficulties, including the ostracism by rap communities towards him due to his color, and his difficult personal life.

The music video for "Lose Yourself" was filmed in Detroit, Michigan,<sup>[20]</sup> and thus contains numerous shots of the city, including the Ambassador Bridge. The video is a mixture of multiple scenarios, including scenes from and reminiscent of the movie *8 Mile*, and Eminem rapping next to the "8 Mile Rd. Mobile Court" sign that appears on the cover of the movie's soundtrack.

It contains scenes focusing on Rabbit's and the real life Eminem's character, for example, the difficulties he has to face while rapping, the insult and booing of crowds as he is a white rapper and the trouble he has to face due to his alcoholic mother and people he hangs out with.<sup>[20]</sup>

At the 2003 MTV Video Music Awards it received the award for Best Video from a Film in the final year this award was given out. It also received nominations for Video of the Year, Best Male Video, Best Rap Video, and Viewer's Choice. He won a MuchMusic Video Award in 2003 for Favorite International Artist with the video for "Lose Yourself".

The official video (uploaded by Eminem) has been viewed over 80 million times on YouTube making it one of Eminem's most popular videos on that site. However, it was restricted from viewing in 2011, spawning various privately uploaded versions.

## Legacy

---

"Lose Yourself" is the most successful single of Eminem's mainstream career. Upon its release, the track was a worldwide chart success, peaking at number one on 24 national charts worldwide, these included the US Billboard Hot 100, making it Eminem's first number-one hit in the United States. It had a 12-week run at #1 in the United States and Australia, and topped the charts in many other countries including the United Kingdom, Ireland, New Zealand and Denmark. It debuted at number nine in Canada and moved up to #1 the following week. According to the Guinness Book of World Records, "Lose Yourself" became the "Longest Running Single at Number One for a Rap Song" at 23 weeks. With over 6 million copies sold in the United States, it is Eminem's third best-selling song, just behind "Love the Way You Lie" and "Not Afraid".

File:Ted Jensen's 2002 Grammy.jpg

*Lose Yourself* received the nominations for Record of the Year, Song of the Year, Best Rap Song, Best Male Rap Solo Performance and Best Song Written for Visual Media at the 46th Annual Grammy Awards.

The song went on to receive the Academy Award for Best Original Song<sup>[4]</sup> (the first time a rap song ever won this award), beating other nominees like U2's "The Hands That Built America." Eminem, who was not present at the award ceremony as he believed he would not win, said in a *Shade 45 Behind the Boards* interview with Ciphra Sounds that he was actually sleeping, with cartoons on for his daughter, at the time the award was announced.<sup>[21]</sup> This was the first time in 14 years the winner of the Best Original Song category did not perform at the ceremony. Luis Resto, one of the song's co-producers, had attended the ceremony and accepted the award on his behalf. "He's creative, he has symphonies in his head," Resto said at the lectern about Eminem.<sup>[22]</sup> The American Film Institute later ranked it #93 on their list of the 100 Greatest Songs from American Films.

At the Grammy Awards of 2004, "Lose Yourself" became Eminem's second career nomination for Record of the Year (following "Without Me"), and the first rap song ever to be nominated for Song of the Year. It won Best Male Rap Solo Performance and Best Rap Song, which was a new category at the time.

At No. 166, "Lose Yourself" is the highest ranked of the three songs from the 21st century featured in the 2004 List of Rolling Stone's 500 Greatest Songs of All Time (joining "Stan" at No. 290 and Outkast's "Hey Ya!" at #180). The magazine later ranked the song the twelfth best of the '00s decade.<sup>[23]</sup> The song was the 51st best-selling single of the '00s decade in the United Kingdom.<sup>[24]</sup> The song was placed at number 104 by *Pitchfork* on their list of "The Top 500 Tracks of the 2000s".<sup>[25]</sup>

In October 2011, *NME* placed it at number 57 on its list "150 Best Tracks of the Past 15 Years".<sup>[7]</sup> VH1 placed it at #4 for the best songs of the 2000s. In April 2016, it was placed at number 28 by *Rolling Stone* on their list of "100 Greatest Hip-hop songs of all time".<sup>[26]</sup>

## Cover versions

---

- Children's singer Charlotte Diamond covered the song in a remix she called "Mom's Pasketti".
- A hit comedic remix of the song under the name of "Mom's Spaghetti," by Andy of the Hitchcock Bros, repeatedly uses Eminem saying "mom's spaghetti" from the original song. One of the more popular uploads of it on YouTube, uploaded in 2012 by BigMitch Baker, has garnered over 21,000,000 views as of October 2017.<sup>[27]</sup>
- "Weird Al" Yankovic made a parody of the song, titled "Couch Potato", on his 2003 album *Poodle Hat*. Eminem did not give him permission to film a music video, but did allow him to record a parody of the song.
- Irish pop rock band The Script did an alternative cover to this song in the BBC Radio's live lounge.
- In 2003, the Australian comedy duo Scared Weird Little Guys produced a rap version of the folk song "Waltzing Matilda" called "Cleanin' Out My Tuckerbag", which parodies both "Lose Yourself" and "Cleanin' Out My Closet", but does not credit Eminem.
- Christian parody band ApologetiX parodied the song as "Look Yourself". It is available on their 2003 album, *Adam Up*.
- The show *Robot Chicken* parodied part of the film in the rapping sequence involving Bugs Bunny and a collection of other Looney Tunes characters.<sup>[28]</sup>
- Lupe Fiasco sampled this song on his track "Lu Myself" (Jypsyeye on bass) on his mixtape, *Lupe the Jedi* and the *Touch the Sky* mixtape.
- During an October 2006 interview with the K102 Morning Crew in Minneapolis, country-pop artist Taylor Swift did an acoustic rendition of the intro and first verse of "Lose Yourself" live on the air, citing it as her favorite workout song.
- The East Village Opera Company performs this song live, usually as an encore with full orchestra backing.

- Fabulous made a remix to this track to honor Eminem.
- Canadian rock band Three Days Grace have been covering "Lose Yourself" in a medley with their song "Home".
- During the farewell concert, Polish hip hop group Paktofonika performed their song "W moich kręgach" ("In My Circles") with music background from "Lose Yourself".<sup>[29]</sup>
- Post hardcore band Serianna covered this song in 2012, which is available as a digital download on iTunes and Amazon.<sup>[30]</sup>
- Kelly Clarkson covered this song during her Clarkston, MI show on August 10, 2012 as part of her fan request cover song.
- Jon Connor's 2012 mixtape *The People's Rapper LP* included a remix of the song, as well as other Eminem remixes.
- Kellylee Evans covered this song on her 2013 album "I Remember When".
- MGK covered the song while performing in front of St. Andrews Hall where *8 Mile* was filmed
- Hudson Taylor covered the song as a part of their "Lose Yourself Walking on the Flume" (The Police - Walking on the moon, Bon Iver - Flume) mashup.
- A mashup of this song with German artist Nena's "Nur geträumt", created by HiFi Brown, was a German radio hit in 2003.<sup>[31]</sup>
- Vienna Teng covers the song in live performance as a mashup along with Bill Withers' "Ain't No Sunshine".
- German Alternative Rock band Guano Apes covers the song on the 20-year-anniversary edition of their first album Proud Like a God, *Proud Like a God XX*.

## Track listing

### US / UK / European CD single

No.	Title	Writer(s)	Producer(s)	Length
1.	"Lose Yourself"	Marshall Mathers, Luis Resto, Jeff Bass	Eminem	5:26
2.	"Renegade" ( <u>Jay-Z</u> featuring Eminem)	Shawn Carter, Memphis Bleek, Ryan Montgomery, Mathers	Eminem	5:38
3.	"Lose Yourself" (instrumental)	Mathers, Resto, Bass	Eminem	5:27
4.	"Lose Yourself" (video)	Mathers, Resto, Bass	Eminem	5:26
5.	"8 Mile Trailer"			

## Credits and personnel

Credits for "Lose Yourself" are adapted from the liner notes of the original soundtrack to the movie *8 Mile*.<sup>[32]</sup>

### Recording

- Recorded at: Detroit, Michigan

### Personnel

- Eminem – vocals, audio mixing, producer, songwriting and drum programming
- Jeff Bass – additional production, songwriter, electric guitar, bass, piano and keyboards
- Steve King – audio mixing and recording
- Mike Strange – recording

- Luis Resto – songwriter, keyboards and programming

## Charts

---

### Weekly charts

Chart (2002–03)	Peak position
Australia (ARIA) <sup>[33]</sup>	1
Austria (Ö3 Austria Top 40) <sup>[34]</sup>	1
Belgium (Ultratop 50 Flanders) <sup>[35]</sup>	1
Belgium (Ultratop 50 Wallonia) <sup>[36]</sup>	1
Brazil (Hot 100 Airplay)	1
Canada (Canadian Singles Chart) <sup>[37]</sup>	1
Denmark (Tracklisten) <sup>[38]</sup>	1
Eurochart Hot 100 ( <i>Billboard</i> ) <sup>[39]</sup>	1
Finland (Suomen virallinen lista) <sup>[40]</sup>	1
France (SNEP) <sup>[41]</sup>	3
songid field is MANDATORY FOR GERMAN CHARTS	2
Greece (IFPI Greece) <sup>[42]</sup>	1
Hungary (Single Top 40) <sup>[43]</sup>	1
Ireland (IRMA) <sup>[44]</sup>	1
Italy (FIMI) <sup>[45]</sup>	1
Netherlands (Dutch Top 40) <sup>[46]</sup>	1
New Zealand (Recorded Music NZ) <sup>[47]</sup>	1
Norway (VG-lista) <sup>[48]</sup>	1
Romania (Romanian Top 100) <sup>[49]</sup>	1
Spain (PROMUSICAE) <sup>[50]</sup>	9
Sweden (Sverigetopplistan) <sup>[51]</sup>	1
Switzerland (Schweizer Hitparade) <sup>[52]</sup>	1
UK Singles (OCC) <sup>[53]</sup>	1
US <i>Billboard</i> Hot 100 <sup>[54]</sup>	1
US Alternative Airplay ( <i>Billboard</i> ) <sup>[55]</sup>	14
US Hot R&B/Hip-Hop Songs ( <i>Billboard</i> ) <sup>[56]</sup>	4

### Year-end charts

Chart (2002)	Position
UK Singles (Official Charts Company) <sup>[59]</sup>	32
US <i>Billboard</i> Hot 100 <sup>[60]</sup>	63

Chart (2003)	Position
Australia (ARIA) <sup>[61]</sup>	2
Austria (Ö3 Austria Top 40) <sup>[62]</sup>	6
Belgium (Ultratop Flanders) <sup>[63]</sup>	16
Belgium (Ultratop Wallonia) <sup>[64]</sup>	7
France (SNEP) <sup>[65]</sup>	12
Germany (Official German Charts) <sup>[66]</sup>	6
Ireland (IRMA) <sup>[67]</sup>	6
Netherlands (Dutch Top 40) <sup>[68]</sup>	12
New Zealand (Recorded Music NZ) <sup>[69]</sup>	30
Spain (PROMUSICAE) <sup>[70]</sup>	10
Sweden (Sverigetopplistan) <sup>[71]</sup>	1
Switzerland (Schweizer Hitparade) <sup>[72]</sup>	12
UK Singles (Official Charts Company) <sup>[73]</sup>	25
US <i>Billboard</i> Hot 100 <sup>[74]</sup>	28

### Decade-end charts

Chart (2000–2009)	Position
Australia (ARIA) <sup>[75]</sup>	7
Germany (Official German Charts) <sup>[76]</sup>	44
UK Singles (Official Charts Company) <sup>[77]</sup>	49
US <i>Billboard</i> Hot 100 <sup>[78]</sup>	28

Chart (2002–03)	Peak position
US Hot Rap Songs ( <i>Billboard</i> ) <sup>[57]</sup>	2
US Mainstream Top 40 ( <i>Billboard</i> ) <sup>[58]</sup>	1

## Certifications

---

Region	Certification	Certified units/sales
Australia ( <span>ARIA</span> ) <sup>[79]</sup>	7× Platinum	490,000 <sup>^</sup>
Austria ( <span>IFPI Austria</span> ) <sup>[80]</sup>	Platinum	30,000 <sup>*</sup>
Belgium ( <span>BEA</span> ) <sup>[81]</sup>	Platinum	30,000 <sup>*</sup>
Canada ( <span>Music Canada</span> ) <sup>[82]</sup>	6× Platinum	480,000 <sup>*</sup>
Denmark ( <span>IFPI Danmark</span> ) <sup>[83]</sup>	Platinum	60,000 <sup>^</sup>
Finland ( <span>Musiikkituottajat</span> ) <sup>[84]</sup>	Gold	6,304 <sup>[84]</sup>
France ( <span>SNEP</span> ) <sup>[86]</sup>	Gold	386,000 <sup>[85]*</sup>
Germany ( <span>BVMI</span> ) <sup>[87]</sup>	Gold	200,000 <sup>^</sup>
Greece ( <span>IFPI Greece</span> ) <sup>[88]</sup>	Gold	10,000 <sup>^</sup>
Italy ( <span>FIMI</span> ) <sup>[89]</sup>	2× Platinum	100,000 <sup>*</sup>
Japan ( <span>RIAJ</span> ) <sup>[93]</sup>	3x Platinum	950,000 <sup>[90][91][92]^</sup>
New Zealand ( <span>RMNZ</span> ) <sup>[94]</sup>	2× Platinum	30,000 <sup>*</sup>
Norway ( <span>IFPI Norway</span> ) <sup>[95]</sup>	Platinum	0 <sup>*</sup>
Sweden ( <span>GLF</span> ) <sup>[96]</sup>	Platinum	40,000 <sup>^</sup>
Switzerland ( <span>IFPI Switzerland</span> ) <sup>[97]</sup>	Platinum	30,000 <sup>^</sup>
United Kingdom ( <span>BPI</span> ) <sup>[98]</sup>	2× Platinum	1,200,000 <sup>‡</sup>
United States ( <span>RIAA</span> ) <sup>[99]</sup>	5× Platinum	7,370,000 <sup>[6]</sup>
<p><sup>*</sup> Sales figures based on certification alone.</p> <p><sup>^</sup> Shipments figures based on certification alone.</p>		

## See also

---

- Academy Award for Best Original Song
- Grammy Award for Best Rap Song
- Grammy Award for Best Rap Solo Performance
- List of best-selling singles
- List of best-selling singles in the United States

- [List of best-selling singles in Australia](#)
- [List of number-one singles in Australia in 2002](#)
- [List of number-one singles of 2002 \(Ireland\)](#)
- [List of number-one hits of 2002 \(Italy\)](#)
- [List of number-one singles from the 2000s \(UK\)](#)
- [List of Hot 100 number-one singles of 2002 \(U.S.\)](#)
- [List of number-one hits of 2003 \(Austria\)](#)
- [List of number-one hits in Denmark](#)
- [List of Dutch Top 40 number-one singles of 2003](#)
- [List of European number-one hits of 2003](#)
- [List of number-one singles from the 2000s \(New Zealand\)](#)
- [List of number-one hits in Norway](#)
- [List of number-one hits of 2003 \(Sweden\)](#)
- [List of number-one hits of 2003 \(Switzerland\)](#)
- [List of number-one hits of 2002 \(Romania\)](#)
- [Ultratop 50 number-one hits of 2003](#)
- [Ultratop 40 number-one hits of 2003](#)

## References

---

1. "Eminem Lose Yourself" (<http://www.allmusic.com/album/lose-yourself-mw0000423596>). *Allmusic*. Retrieved November 23, 2015.
2. "The 10 Best Eminem Songs" (<http://www.stereogum.com/1582381/the-10-best-eminem-songs/list/>). *Stereogum*. Retrieved January 24, 2015.
3. [1] (<http://you.stonybrook.edu/dragthewaters/2015/02/06/storytelling-reflectionlose-yourself-by-eminem/>) Reflection/"Lose Yourself" by Eminem
4. Roberts, David (2006). *British Hit Singles & Albums* (19th ed.). London: Guinness World Records Limited. p. 137. ISBN 1-904994-10-5.
5. "Gold & Platinum Searchable Database - April 02, 2014" ([https://www.webcitation.org/6HcOuKzMn?url=http://www.riaa.com/goldandplatinumdata.php?table=SEARCH\\_RESULTS&artist=Eminem&format=ALBUM&go=Search&perPage=50](https://www.webcitation.org/6HcOuKzMn?url=http://www.riaa.com/goldandplatinumdata.php?table=SEARCH_RESULTS&artist=Eminem&format=ALBUM&go=Search&perPage=50)). RIAA. Archived from the original ([https://www.riaa.com/goldandplatinumdata.php?table=SEARCH\\_RESULTS&artist=Eminem&format=ALBUM&go=Search&perPage=50](https://www.riaa.com/goldandplatinumdata.php?table=SEARCH_RESULTS&artist=Eminem&format=ALBUM&go=Search&perPage=50)) on June 24, 2013. Retrieved April 2, 2014. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
6. "Nielsen SoundScan charts – Digital Songs – Week Ending: 09/28/2017" (<https://web.archive.org/web/20171002192602/http://www.defjampromo.com/files/2009/10/BB-Digital-Songs-Chart-Wk.-Ending-9-28-17.pdf>) (PDF). Nielsen SoundScan. Archived from the original (<http://www.defjampromo.com/files/2009/10/BB-Digital-Songs-Chart-Wk.-Ending-9-28-17.pdf>) (PDF) on October 2, 2017. Retrieved October 3, 2017.
7. "150 Best Tracks Of The Past 15 Years" (<http://www.nme.com/list/150-best-tracks-of-the-past-15-years/248648/page/10>). Nme.Com. Retrieved April 9, 2012.
8. "Eminem on Behind the Boards - Part 6 of 12" ([https://www.youtube.com/watch?v=qV4tG-3V3do&feature=player\\_detailpage#t=42s](https://www.youtube.com/watch?v=qV4tG-3V3do&feature=player_detailpage#t=42s)). YouTube. July 27, 2009. Retrieved August 4, 2011.
9. Moss, Corey (November 14, 2001). "Britney's Pal, Eminem's Squeeze — Taryn Manning's Been Both - Music, Celebrity, Artist News" (<http://www.mtv.com/news/articles/1450951/actress-details-lif-e-on-eminem-britney-sets.jhtml>). MTV. Retrieved August 4, 2011.



10. Cranky and Difficult (January 18, 2008). "The View From Over Here: The Greatest Rock Songs 200-500" (<http://view-from-over-here.blogspot.com/2008/01/greatest-rock-songs-200-500.html>). View-from-over-here.blogspot.com. Retrieved August 4, 2011.
11. "Chrysler 'Imported from Detroit - Eminem' Super Bowl Commercial -- What's the Song?". AOL Music. `{{cite web}}: Missing or empty |url= (help)`
12. McCollom, Brian (October 27, 2002). "Movie's CD is pure Eminem: A moody mix of fact and fiction". *Detroit Free Press*.
13. "8 Mile - Eminem | Songs, Reviews, Credits, Awards" (<http://www.allmusic.com/album/8-mile-deluxe-edition-mw0000663358>). AllMusic. October 29, 2002. Retrieved April 2, 2014.
14. "NME Album Reviews - Eminem/Various Artists : 'Music From And Inspired By The Motion Picture '8 Mile' " (<http://www.nme.com/reviews/6839>). Nme.Com. November 21, 2002. Retrieved April 2, 2014.
15. "Feature for October 29, 2002 - '8 Mile Soundtrack' " ([http://www.rapreviews.com/archive/2002\\_10F\\_8mile.html](http://www.rapreviews.com/archive/2002_10F_8mile.html)). Rapreviews.com. October 29, 2002. Retrieved April 2, 2014.
16. "Music - 8 Mile Soundtrack Review" ([http://www.411mania.com/music/album\\_reviews/86/8-Mile-Soundtrack-Review.htm](http://www.411mania.com/music/album_reviews/86/8-Mile-Soundtrack-Review.htm)). 411mania.com. Retrieved April 2, 2014.
17. "Week Ending Aug. 28, 2011. Songs: Jagger As Icon" (<https://music.yahoo.com/blogs/chart-watch/week-ending-aug-28-2011-songs-jagger-as-icon.html>). Yahoo! Chart Watch. August 31, 2011. Retrieved September 1, 2011.
18. "Top 100 des singles les plus vendus du millénaire en France, épisode 5 (60-51)" (<http://www.chartsinfrance.net/actualite/news-93131.html>). Chartsinfrance. August 9, 2014. Retrieved March 17, 2015.
19. <http://musicvideosexplained.com/videos/lose-yourself/>
20. <http://www.mtv.com/news/1608434/eminem-video-throwback-lose-yourself-2002/>
21. "Eminem on Behind the Boards - Part 6 of 12" ([https://www.youtube.com/watch?v=qV4tG-3V3do&feature=player\\_detailpage#t=173s](https://www.youtube.com/watch?v=qV4tG-3V3do&feature=player_detailpage#t=173s)). YouTube. July 27, 2009. Retrieved August 4, 2011.
22. Elson, Rachel F. (March 24, 2003). "Eminem Naps Through His Oscar Victory - Eminem" (<http://www.people.com/people/article/0,,625790,00.html>). People.com. Retrieved May 30, 2010.
23. "100 Best Songs of the 2000s: Eminem, 'Lose Yourself' " (<https://www.rollingstone.com/music/lists/100-best-songs-of-the-aughts-20110617/eminem-lose-yourself-20110616>). Rolling Stone. Retrieved April 2, 2014.
24. Radio 1 Official Chart of the Decade, as broadcast on BBC Radio 1 on Tuesday December 29, 2009, presented by Nihal
25. "The Top 500 Tracks of the 2000s" (<http://pitchfork.com/features/lists-and-guides/7686-the-top-500-tracks-of-the-2000s-200-101/?page=10>). Pitchfork.com. Retrieved May 5, 2016.
26. "Rolling Stones' The 100 Greatest Hip-Hop Songs of all time" (<http://feature.rollingstone.com/100-greatest-hip-hop-songs/eminem-lose-yourself/>). Rollingstone.com. Retrieved April 19, 2016.
27. BigMitch Baker (June 17, 2012). "Youtube.com" (<https://www.youtube.com/watch?v=sF-YBfnappM>). Youtube.com. Retrieved February 4, 2016.
28. "Youtube.com" (<https://www.youtube.com/watch?v=8m1cSVIND2w>). Youtube.com. December 4, 2006. Retrieved August 4, 2011.
29. "Live version of 'W moich kręgach' on YouTube" (<https://www.youtube.com/watch?v=ery2P6w-4vY>). Youtube.com. September 5, 2008. Retrieved August 4, 2011.
30. "Serianna 'Lose Yourself' (Eminem) Official - YouTube Video" (<https://www.youtube.com/watch?v=ery2P6w-4vY>). Youtube.com. May 1, 2012. Retrieved October 9, 2013.

31. "Bastard-Pop bringt Nena und Rapper Eminem zusammen" (<https://www.welt.de/print-welt/article252630/Bastard-Pop-bringt-Nena-und-Rapper-Eminem-zusammen.html>). welt.de. August 12, 2003. Retrieved August 30, 2014.
32. (2002) Release notes for *Music from and Inspired by the Motion Picture 8 Mile* by various artists (liner notes). Interscope Records (0694935261)
33. "Eminem – Lose Yourself" (<https://australian-charts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). ARIA Top 50 Singles. Retrieved January 15, 2012.
34. "Eminem – Lose Yourself" (<https://austriancharts.at/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>) (in German). Ö3 Austria Top 40. Retrieved January 15, 2012.
35. "Eminem – Lose Yourself" (<https://www.ultratop.be/nl/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>) (in Dutch). Ultratop 50. Retrieved January 15, 2012.
36. "Eminem – Lose Yourself" (<https://www.ultratop.be/fr/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>) (in French). Ultratop 50. Retrieved January 15, 2012.
37. "Eminem > Charts & Awards > *Billboard* Singles" (<http://www.allmusic.com/artist/eminem-p347307/charts-awards/billboard-singles>). Allmusic. Rovi Corporation. Retrieved January 15, 2012.
38. "Eminem – Lose Yourself" (<https://danishcharts.dk/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). Tracklisten. Retrieved January 15, 2012.
39. "Gareth Gates Scores Another U.K. No. 1" (<http://www.billboard.com/articles/news/71956/gareth-gates-scores-another-uk-no-1>). Billboard. Retrieved February 24, 2012.
40. "Eminem: Lose Yourself" (<https://www.ifpi.fi/lista/artistit/Eminem/Lose+Yourself/>) (in Finnish). Musiikkituottajat. Retrieved August 27, 2013.
41. "Eminem – Lose Yourself" (<https://lescharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>) (in French). Les classement single. Retrieved January 15, 2012.
42. "Greek Singles Chart" (<https://web.archive.org/web/20030414005703/http://www.ifpi.gr/chart03.htm>). IFPI Greece. April 14, 2003. Archived from the original (<http://www.ifpi.gr/chart03.htm>) on April 14, 2003. Retrieved April 9, 2012.
43. "Archívum – Slágerlisták – MAHASZ" (<https://slagerlistak.hu/single-track-top-40-lista/2003/3>) (in Hungarian). Single (track) Top 40 lista. Magyar Hanglemezkiadók Szövetsége.
44. "Chart Track: Week 49, 2002" ([https://web.archive.org/web/20180101010101/https://www.chart-track.co.uk/index.jsp?c=p%2Fmusicvideo%2Fmusic%2Farchive%2Findex\\_test.jsp&ct=240001&arch=t&lyr=2002&year=2002&week=49](https://web.archive.org/web/20180101010101/https://www.chart-track.co.uk/index.jsp?c=p%2Fmusicvideo%2Fmusic%2Farchive%2Findex_test.jsp&ct=240001&arch=t&lyr=2002&year=2002&week=49)). Irish Singles Chart. Retrieved January 15, 2012.
45. "Eminem – Lose Yourself" (<https://italiancharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). Top Digital Download. Retrieved January 15, 2012.
46. "Nederlandse Top 40 – week 2, 2003 (<https://www.top40.nl/top40/2003/week-2>)" (in Dutch). Dutch Top 40. Retrieved January 15, 2012.
47. "Eminem – Lose Yourself" (<https://charts.nz/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). Top 40 Singles. Retrieved January 15, 2012.
48. "Eminem – Lose Yourself" (<https://norwegiancharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). VG-lista. Retrieved January 15, 2012.
49. "Romanian Top 100" (<http://mediaforest.ro>). Media Forest. Retrieved August 2, 2011.
50. "Eminem – Lose Yourself" (<https://spanishcharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). Canciones Top 50. Retrieved 2017-05-06.
51. "Eminem – Lose Yourself" (<https://swedishcharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). Singles Top 100. Retrieved January 15, 2012.
52. "Eminem – Lose Yourself" (<http://swisscharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). Swiss Singles Chart. Retrieved January 15, 2012.

53. "Official Singles Chart Top 100" (<https://www.officialcharts.com/charts/singles-chart/142002/7501/>). *Official Charts Company*. Retrieved January 15, 2012.
54. "Eminem Chart History (Hot 100)" (<https://www.billboard.com/artist/Eminem/chart-history/HSI>). *Billboard*. Retrieved January 15, 2012.
55. "Eminem Chart History (Alternative Airplay)" (<https://www.billboard.com/artist/Eminem/chart-history/MRT>). *Billboard*. Retrieved January 15, 2012.
56. "Eminem Chart History (Hot R&B/Hip-Hop Songs)" (<https://www.billboard.com/artist/Eminem/chart-history/BSI>). *Billboard*. Retrieved January 15, 2012.
57. "Eminem Chart History (Hot Rap Songs)" (<https://www.billboard.com/artist/Eminem/chart-history/RAP>). *Billboard*. Retrieved January 15, 2012.
58. "Eminem Chart History (Pop Songs)" (<https://www.billboard.com/artist/Eminem/chart-history/TFM>). *Billboard*. Retrieved January 15, 2012.
59. "ChartsPlusYE2002.pdf" (<http://www.ukchartsplus.co.uk/ChartsPlusYE2002.pdf>) (PDF). *Ukchartsplus*. ChartsPlus. Retrieved January 31, 2016.
60. Top 100 Songs of 2002 - Billboard Year End Charts [2] (<http://www.bobborst.com/popculture/top-100-songs-of-the-year/?year=2002>) . Retrieved September 22, 2015.
61. 2003 Australian Singles Chart *aria.com* (<http://www.aria.com.au/pages/aria-charts-end-of-year-charts-top-100-singles-2003.htm>) . Retrieved August 24, 2008.
62. 2003 Austrian Singles Chart *Austriancharts.at* ([http://www.austriancharts.at/2003\\_single.asp](http://www.austriancharts.at/2003_single.asp)) . Retrieved August 24, 2008.
63. 2003 Belgian (Flanders) Singles Chart *Ultratop.be* (<http://www.ultratop.be/nl/annual.asp?year=2003>) . Retrieved August 24, 2008.
64. 2003 Belgian (Wallonia) Singles Chart *Ultratop.be* (<http://www.ultratop.be/fr/annual.asp?year=2003>) . Retrieved August 24, 2008.
65. "Classement Singles - année 2003" (<https://web.archive.org/web/20120404175736/http://www.disqueenfrance.com/fr/page-259376.xml?year=2003>). *Disqueen France* (in French). GfK Entertainment. Archived from the original (<http://www.disqueenfrance.com/fr/page-259376.xml?year=2003>) on April 4, 2012. Retrieved June 22, 2016.
66. "Top 100 Single-Jahrescharts" (<https://www.offiziellecharts.de/charts/single-jahr/for-date-2003>). *Offiziellecharts*. GfK Entertainment. Retrieved January 31, 2016.
67. 2003 Irish Singles Chart *Irma.ie* (<http://www.irma.ie/best2003.htm>) . Retrieved December 11, 2008.
68. "Top 100-Jaaroverzicht van 2003" (<http://www.top40.nl/bijzondere-lijsten/top-100-jaaroverzichten/2003>). *Dutch Top 40* (in Dutch). Stichting Nederlandse Top 40. Retrieved June 22, 2016.
69. "Top Selling Singles of 2003" (<http://nztop40.co.nz/chart/?chart=2084>). *NZTop40*. Recorded Music New Zealand Limited. Retrieved June 22, 2016.
70. *spanishcharts.com*. Promusicae <http://www.spanishcharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s> (<http://www.spanishcharts.com/showitem.asp?interpret=Eminem&titel=Lose+Yourself&cat=s>). Retrieved May 6, 2017. {{cite web}}: Missing or empty |title= (help)
71. "Årslista Singlar - År 2003" (<https://www.webcitation.org/6iStiio4O?url=http://www.sverigetopplistan.se/netdata/ghl002.mbr/lista?liid%3D43%26dfom%3D20030101%26newi%3D0%26mode%3Dlist%26navi%3Dno%26platform%3DWin32%26browser%3DMSIE>). *Sverigetopplistan* (in Swedish). Gramophone Suppliers Association. Archived from the original (<http://www.sverigetopplistan.se/netdata/ghl002.mbr/lista?liid=43&dfom=20030101&newi=0&mode=list&navi=no&platform=Win32&browser=MSIE>) on June 22, 2016. Retrieved June 22, 2016. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)

72. "Schweizer Jahreshitparade 2003" (<http://www.hitparade.ch/charts/jahreshitparade/2003>). *Hitparade*. Hung Medien. Retrieved January 31, 2016.
73. "ChartsPlusYE2003.pdf" (<http://www.ukchartsplus.co.uk/ChartsPlusYE2003.pdf>) (PDF). *Ukchartsplus*. ChartsPlus. Retrieved January 31, 2016.
74. Top 100 Songs of 2003 - Billboard Year End Charts [3] (<http://www.bobborst.com/popculture/top-100-songs-of-the-year/?year=2003>) . Retrieved September 22, 2015.
75. "2000sDecadeChartssingles.pdf" (<http://www.aria.com.au/pages/documents/2000sDecadeChartssingles.pdf>) (PDF). *ARIA*. ARIA. p. PDF. Retrieved June 22, 2016.
76. "Die erfolgreichsten Hits des neuen Jahrtausends" (<https://web.archive.org/web/20101102152628/http://www.rtl.de/cms/unterhaltung/tv-programm/show/die-ultimate-chartshow/hits-neue-jahrtausend-download.html?limit=20&start=40>). *RTL* (in German). RTL. Archived from the original (<https://www.rtl.de/cms/unterhaltung/tv-programm/show/die-ultimate-chartshow/hits-neue-jahrtausend-download.html?limit=20&start=40>) on November 2, 2010. Retrieved June 28, 2016.
77. "The Noughties' Official UK Singles Chart Top 100". *Music Week*. London, England: *United Business Media*. 17. January 30, 2010.
78. "Hot 100 Songs - Decade End Charts" (<https://web.archive.org/web/20121020173024/http://www.billboard.biz/bbbiz/charts/decadeendcharts/2009/hot100-songs>). *Billboard*. Billboard. Archived from the original (<http://www.billboard.biz/bbbiz/charts/decadeendcharts/2009/hot100-songs>) on October 20, 2012. Retrieved June 22, 2016.
79. "ARIA Charts — Accreditations - 2013 Singles" (<http://www.aria.com.au/pages/httpwww.aria.com.au/pagesaria-charts-accreditations-singles-2013.htm>). *Australian Recording Industry Association* (ARIA). Retrieved March 17, 2014.
80. "Austrian single certifications – Eminem – Lose Yourself" ([https://ifpi.at/auszeichnungen/?fwp\\_per\\_page=100&fwp\\_interpret=Eminem&fwp\\_titel=Lose+Yourself&fwp\\_format=single&](https://ifpi.at/auszeichnungen/?fwp_per_page=100&fwp_interpret=Eminem&fwp_titel=Lose+Yourself&fwp_format=single&)) (in German). *IFPI Austria*.
81. "Ultratop – Goud en Platina – singles 2003" (<https://www.ultratop.be/nl/goud-platina/2003/singles>). *Ultratop*. Hung Medien.
82. "Canadian single certifications – Eminem – Lose Yourself" ([https://musiccanada.com/gold-platinum/?\\_gp\\_search=Lose+Yourself%20Eminem&\\_gp\\_format=digital-download](https://musiccanada.com/gold-platinum/?_gp_search=Lose+Yourself%20Eminem&_gp_format=digital-download)). *Music Canada*. Retrieved January 27, 2016.
83. "Certificeringer" (<http://www.ifpi.dk/?q=content/eminem-lose-yourself-0>) (in Danish). *IFPI Denmark*. Retrieved March 17, 2014.
84. "Eminem" (<https://www.ifpi.fi/tutkimukset-ja-tilastot/kulta-ja-platinalevyt/?ulkomaiset=1&q=Eminem>) (in Finnish). *Musiikkituottajat – IFPI Finland*.
85. *Official Charts in France* (<http://www.chartsinfrance.net/actualite/news-93131.html>), Numéro 1 dans plus de 40 pays, et écoulé à 386.000 unités en France
86. "French single certifications – Eminem – Lose Yourself" (<http://snepmusique.com/les-certifications/?categorie=Tout&interprete=Eminem&titre=Lose+Yourself>) (in French). *Syndicat National de l'Édition Phonographique*.
87. "Gold-/Platin-Datenbank (Eminem; 'Lose Yourself')" (<https://www.musikindustrie.de/wie-musik-zur-karriere-werden-kann/markt-bestseller/gold-/platin-und-diamond-auszeichnung/datenbank/?action=suche&strTitel=Lose+Yourself&strInterpret=Eminem&strTtArt=alle&strAwards=checked>) (in German). *Bundesverband Musikindustrie*.
88. "Top 50 Singles" (<https://web.archive.org/web/20030414005703/http://www.ifpi.gr/chart03.htm>) (in Greek). Archived from the original (<http://www.ifpi.gr/chart03.htm>) on April 14, 2003. Retrieved March 17, 2014.

89. "Italian single certifications – Eminem – Lose Yourself" (<https://www.fimi.it/top-of-the-music/certificazioni/certificazioni.kl#/certifications>) (in Italian). Federazione Industria Musicale Italiana. Retrieved November 27, 2017. Select "Tutti gli anni" in the "Anno" drop-down menu. Select "Lose Yourself" in the "Filtra" field. Select "Singoli" under "Sezione".
90. *Triple Platinum* ([http://www.riaj.or.jp/whatsnew/w070520\\_3.html](http://www.riaj.or.jp/whatsnew/w070520_3.html)), April 2007, RIAJ Certification, 三枚 platinum -シングル, Lose Yourself Eminem
91. *Gold* ([http://www.riaj.or.jp/data/others/chart/w070720\\_3.html](http://www.riaj.or.jp/data/others/chart/w070720_3.html)), June 2008, RIAJ Certification 二枚 gold -シングル, Lose Yourself Eminem
92. *Gold* (<http://www.riaj.or.jp/data/others/chart/w110420.html>), March 2011, RIAJ Certification 二枚 gold -シングル, Lose Yourself Eminem
93. "Certificeringer" (<http://www.riaj.or.jp/data/others/chart/w110420.html>). RIAJ. Retrieved March 17, 2014.
94. "New Zealand single certifications – Eminem – Lose Yourself" (<https://nztop40.co.nz/chart/singles?chart=2432>). Recorded Music NZ. February 24, 2014. Retrieved February 25, 2014.
95. "Trofeer" ([https://web.archive.org/web/20121105012246/http://www.ifpi.no/sok/lst\\_trofeer\\_sok.asp?type=artist](https://web.archive.org/web/20121105012246/http://www.ifpi.no/sok/lst_trofeer_sok.asp?type=artist)) (in Norwegian). International Federation of the Phonographic Industry – Norway. 2001. Archived from the original ([http://www.ifpi.no/sok/lst\\_trofeer\\_sok.asp?type=artist](http://www.ifpi.no/sok/lst_trofeer_sok.asp?type=artist)) on November 5, 2012. Retrieved February 25, 2014. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
96. "Guld- och Platinacertifikat – År 2003" (<https://web.archive.org/web/20110517224028/http://www.ifpi.se/wp/wp-content/uploads/ar-20033.pdf>) (PDF) (in Swedish). IFPI Sweden. Archived from the original (<http://www.ifpi.se/wp/wp-content/uploads/ar-20033.pdf>) (PDF) on May 17, 2011.
97. "The Official Swiss Charts and Music Community: Awards ('Lose Yourself')" ([http://www.swisscharts.com/search\\_certifications.asp?search=Lose\\_Yourself](http://www.swisscharts.com/search_certifications.asp?search=Lose_Yourself)). IFPI Switzerland. Hung Medien.
98. "British single certifications – Eminem – Lose Yourself" (<https://www.bpi.co.uk/brit-certified/>). British Phonographic Industry. Retrieved November 14, 2015. *Select singles in the Format field. Select Platinum in the Certification field. Type Lose Yourself in the "Search BPI Awards" field and then press Enter.*
99. "American single certifications – Eminem – Lose Yourself" ([https://www.riaa.com/gold-platinum/?tab\\_active=default-award&ar=Eminem&ti=Lose+Yourself&format=Single&type=#search\\_section](https://www.riaa.com/gold-platinum/?tab_active=default-award&ar=Eminem&ti=Lose+Yourself&format=Single&type=#search_section)). Recording Industry Association of America.

## External links

---

- "Lose Yourself" (<https://www.youtube.com/watch?v=xFYQQPAOz7Y>) on YouTube
- Template:MetroLyrics song

Order of precedence <span>[<a href="#">show</a>]</span>		
Preceded by <b>"Dilemma" by Nelly</b> featuring <u>Kelly Rowland</u>	<b><u>Billboard Hot 100 number one single</u></b> November 9, 2002 – January 25, 2003 (12 weeks)	Succeeded by <b>"Bump, Bump, Bump" by</b> <u>B2K</u> featuring <u>P. Diddy</u>
Preceded by <b>"Dirrty" by Christina</b> <u>Aguilera</u> featuring <u>Redman</u>	<b><u>Irish IRMA number-one single</u></b> December 7, 2003 – January 4, 2003 (5 weeks)	Succeeded by <b>"Sound of the</b> <b>Underground" by <u>Girls</u></b> <b><u>Aloud</u></b>
Preceded by <b>"Born to Try" by <u>Delta</u></b> <b><u>Goodrem</u></b>	<b><u>Australia ARIA number-one single</u></b> December 8, 2002 – February 23, 2003 (12 weeks)	Succeeded by <b>"Beautiful" by Christina</b> <b><u>Aguilera</u></b>
Preceded by <b>"If You're Not the One" by</b> <b><u>Daniel Bedingfield</u></b>	<b><u>UK number-one single</u></b> December 8, 2002 (1 week)	Succeeded by <b>"Sorry Seems to Be the</b> <b>Hardest Word"</b> by <u>Blue</u> and <u>Elton John</u>
Preceded by <b>"Per me è importante" by</b> <b><u>Tiromancino</u></b>	<b><u>Italian FIMI number-one single</u></b> December 12, 2002 (1 week)	Succeeded by <b>"Per me è importante" by</b> <b><u>Tiromancino</u></b>
Preceded by <b>"Dilemma" by Nelly</b> featuring <u>Kelly Rowland</u>	<b><u>Belgian (Flanders) number-one</u></b> <b><u>single</u></b> January 4, 2003 – January 18, 2003 (3 weeks)	Succeeded by <b>"Live on Mars" by Jasper</b> <b>Steverlinck + Steven &amp;</b> <b>Stijn Kolacny</b>
Preceded by <b>"Feel" by <u>Robbie Williams</u></b>	<b><u>Dutch Top 40 number-one single</u></b> January 4, 2003 – February 1, 2003 (5 weeks)	Succeeded by <b>"Sorry Seems to Be the</b> <b>Hardest Word"</b> by <u>Blue</u> featuring <u>Elton</u> <b><u>John</u></b>
Preceded by <b>"The Ketchup Song" by</b> <b><u>Las Ketchup</u></b>	<b><u>Norwegian VG-Lista number-one</u></b> <b><u>single</u></b> 2/2003 - 5/2003 (4 weeks)	Succeeded by <b>"Nu Flow" by <u>Big Brovaz</u></b>
Preceded by <b>"Tiernapojat" by Timo</b> <b><u>Rautiainen &amp; Trio</u></b> <b><u>Niskalaukaus</u></b> <b>"In the Shadows" by <u>The</u></b> <b><u>Rasmus</u></b>	<b><u>Finnish number-one single</u></b> 2/2003 (1 week) 6/2003 - 7/2003 (2 weeks)	Succeeded by <b>"In the Shadows" by <u>The</u></b> <b><u>Rasmus</u></b> <b>"Music" by <u>Darude</u></b>
Preceded by <b>"Der Steuersong (Las</b> <b>Kanzlern)" by Die Gerd</b> <b>Show</b>	<b><u>Austrian number-one single</u></b> January 12, 2003 – January 26, 2003 (3 weeks)	Succeeded by <b>"All the Things She Said"</b> by <u>t.A.T.u.</u>
Preceded by <b>"The Ketchup Song" by</b> <b><u>Las Ketchup</u></b> <b>"All the Things She Said"</b> by <u>t.A.T.u.</u>	<b><u>Eurochart Hot 100 number-one</u></b> <b><u>single</u></b> January 18, 2003 – February 8, 2003 (4 weeks) March 22, 2003 – April 12, 2003 (4 weeks)	Succeeded by <b>"All the Things She Said"</b> by <u>t.A.T.u.</u> <b>"In da Club" by <u>t.A.T.u.</u></b>



<p>Preceded by  <b><u>"Tu es foutu" by In-Grid</u></b></p>	<p><b><u>Swedish number-one single</u></b>  January 23, 2003 – March 13, 2003 (8 weeks)</p>	<p>Succeeded by  <b><u>"I Drove All Night" by Céline Dion</u></b></p>
<p>Preceded by  <b><u>"Paris Latino" by Star Academy 2</u></b></p>	<p><b><u>Belgian (Wallonia) number-one single</u></b>  January 25, 2003 – February 15, 2003 (4 weeks)</p>	<p>Succeeded by  <b><u>"Mundian to Bach Ke" by Panjabi MC</u></b></p>
<p>Preceded by  <b><u>"The Ketchup Song" by Las Ketchup</u></b>  <b><u>"Nu Flow" by Big Brovaz</u></b></p>	<p><b><u>New Zealand RIANZ number-one single</u></b>  January 26, 2003 – February 9, 2003 (3 weeks)  February 23, 2003 (1 week)</p>	<p>Succeeded by  <b><u>"Nu Flow" by Big Brovaz</u></b>  <b><u>"All the Things She Said" by t.A.T.u.</u></b></p>
<p>Preceded by  <b><u>"Every Little Part of Me" by Julie</u></b></p>	<p><b><u>Danish number-one single</u></b>  January 30, 2003 (1 week)</p>	<p>Succeeded by  <b><u>"Superstar" by Christine Milton</u></b></p>
<p>Preceded by  <b><u>"Le Frunkp" by Alphonse Brown</u></b></p>	<p><b><u>Swiss number-one single</u></b>  March 9, 2003 (1 week)  March 23, 2003 (1 week)</p>	<p>Succeeded by  <b><u>"Le Frunkp" by Alphonse Brown</u></b>  <b><u>"Take Me Tonight" by Alexander</u></b></p>

---

Retrieved from "[https://en.wikipedia.org/w/index.php?title=Lose\\_Yourself&oldid=815615162](https://en.wikipedia.org/w/index.php?title=Lose_Yourself&oldid=815615162)"

■