

= One of Those Days =

" One of Those Days " is a song by American recording artist Whitney Houston , from her fifth studio album Just Whitney ... (2002) . Written by Kevin Briggs , Dwight Renolds , Patrice Stewart , Ernest Isley , Marvin Isley , Christopher Jasper , Kelly Isley , Ronald Isley , and Rudolph Isley , and produced by Briggs , the song was released as the second single from the album , following the under @-@ performance of the lead single " Whatchulookinat " , on October 29 , 2002 through Arista Records . A mid @-@ tempo R & B track , " One of Those Days " samples The Isley Brothers ' song " Between the Sheets " (1983) , and its lyrics speak about getting away from the stress of daily life .

The song received generally positive feedback from music critics , who commended the song 's production and music ; the Isley Brothers sampling received favorable comments from most critics . It peaked at number 72 on the US Billboard Hot 100 and number 29 on the Hot R & B / Hip @-@ Hop Songs chart . Elsewhere , it peaked at number six in Hungary , number 48 in Australia , and number 80 in the Netherlands . It also charted in Belgium and Switzerland . The single 's accompanying music video , directed by Kevin Bray , portrays Houston and her girlfriends taking some time out and spending time at a spa and a club . Houston performed " One of Those Days " live on a concert organized at Lincoln Center Plaza , in December 2002 . The concert was featured on an episode of Good Morning America .

= = Background = =

" One of Those Days " was written by Kevin Briggs , Dwight Reynolds and Patrice Stewart for Whitney Houston 's fifth studio album Just Whitney (2002) . The Isley Brothers are also credited as writers as the song features a sample of their song " Between the Sheets " (1983) . In an interview with TMHEntertainment , Reynolds said that the song was not intentionally written for Houston . One day , while Reynolds was at Shek 'speare 's studio , The Music House , Houston and her husband Bobby Brown visited them . At that time , Shek 'speare had a few instrumental tracks put up , and according to Reynolds , " the vibe was set " immediately . Shek 'speare and Reynolds started discussing the ideas for the songs ; Houston also contributed her views and ideas , and rejected the ones that she felt did not suit her . Shek 'speare and Reynolds penned three songs that day , two of which are featured on the album , " One of Those Days " and " Dear John Letter " . The song was produced by Briggs and was recorded at Atlanta Premier Recordings , Atlanta , by Ben Briggs III , and was mixed by Kevin " KD " Davis .

= = Release = =

The song was released as the second single from the album in many countries , except the United Kingdom , following the under @-@ performance and lackluster response to the lead single " Whatchulookinat " . In the US , it was sent to urban , rhythmic and mainstream radios on October 28 , 2002 . A CD single was released on the next day . In Australia , a double A @-@ side CD single containing " One of Those Days " and " Whatchulookinat " was released on November 25 , 2002 . The remix featuring Nelly and its instrumental were issued as a CD single in the US . Another remix by Almighty Records , titled " One of Those Days (Almighty Remix) " , was made available through the compilation Almighty Downunder , Volume 2 .

= = Composition = =

" One of Those Days " is a mid @-@ tempo R & B song with a " slight retro feel " to it . Chuck Taylor of Billboard classified the song as a " groovy , hip @-@ swaying composition " . The song 's hook samples the melody from The Isley Brothers ' 1983 song " Between the Sheets " . As Houston begins the first verse , she declares her stress : " This is just for me [...] Got to take time out [...] You don 't know what I 'm going through . " She then sings about getting away from it , by indulging

in activities like a manicure , pedicure and by having a " late @-@ night snack , a bubble bathe and a massage " . Throughout the song , she sings over a " warm bed of beats and horns " . Writing for Entertainment Tonight , Tim Jaramillo commented that the song is a " smoky track with a feel @-@ good , chilled @-@ out vibe " . Dan LeRoy of NJ Star Ledger observed that the song sounded like an outtake from Brandy Norwood 's debut album , while New York Daily News compared it to Houston 's 1999 song " It 's Not Right but It 's Okay " . An official remix of the song features rapped verses from Nelly , which according to MTV News staffs has a reggae feel .

= = Critical reception = =

" One of Those Days " received generally positive reviews from music critics . Sean Daly of The Washington Post commented that the song was " likably [sic] bouncy " . Craig Seymour of The Atlanta Journal @-@ Constitution called the song a " breezy girls ' -night @-@ out " cut . Writer for Blues & Soul wrote that the song " is an excellent slice of soulful mid @-@ beat head nod R & B " . They also commended the sampling of " Between the Sheets " , noting that it is " effective " . Ernest Hardy of LA Weekly had different opinions of the song . Although he deemed it an " underrated single " at first and wrote that it " leaps beyond its work @-@ sucks @-@ the @-@ rent 's @-@ late @-@ I @-@ need @-@ a @-@ date griping into the realm of existential letting " , he later commented that the song is " grounded in retort " . Chuck Taylor of Billboard remarked that the song marks a " triumphant return of one of the great singers , who delivers the goods in glorious voice . " He further commented that the production of the song would be able to convince her " pop fans " , and also praised the Isley Brothers sampling . Sal Cinquemani of Slant Magazine commented that the song could have been titled " How Whitney Got Her Groove Back " . He noted that the " smooth " track allows Houston to offer a restrained delivery of her vocals . Keysha Davis of BBC Music called the sampling of " Between the Sheets " as " clever " . Nakesa Mumbi Moody , of the Associated Press , wrote it was " sexy " and " dreamy " . Writing for The Boston Globe , Joan Anderman called it a " breezy " track with a " disturbingly trite " theme . The German newspaper Der Tagesspiegel , in their review for " One of Those Days " called the song " schmaltzy " and wrote that it could have been done in the 1980s . Jimmy Draper of San Francisco Bay Guardian noted that " the song seems so anticlimactic in comparison to the real @-@ life pot " . Jon Caramanica of Rolling Stone called the track " creaky and unconvincing " . Entertainment Weekly gave the remix single a D rating and commented negatively that " this chaotic mess isn 't likely to find an enthusiastic audience " as the producer " laid a random Nelly verse and some whistle beats on top of Houston 's vocals . It 's as if someone opened the door between two rooms and cranked warring stereos " . Following Houston 's death in 2012 , Entertainment Weekly published a list of Houston 's 25 best songs and ranked " One of Those Days " at number 19 ; they noted that it was " an underrated single off an underrated album " . They further commented that " Whitney gave women of the world an instruction manual for pampering themselves in the Sex and the City era " .

= = Chart performance = =

In the United States , " One of Those Days " debuted at number 96 on the Billboard Hot 100 , the issue dated November 16 , 2002 . In its sixteenth week on the chart , it peaked at number 72 with a greatest gainer mark The song stayed on the charts for a total of 19 weeks . On the Hot R & B / Hip @-@ Hop Songs chart , the song debuted at number 74 , the issue dated November 9 , 2002 and peaked at number 29 . The song finished at number 99 on the Billboard R & B / Hip @-@ Hop Singles year @-@ end chart . However , the song topped the US Adult R & B Airplay chart . In the Netherlands , the song entered the Mega Single Top 100 chart at number 87 , the week dated January 4 , 2003 . Two weeks later , the song reached number 80 , its peak position . The song stayed on the charts for a total of five weeks . In Australia , the double A @-@ side single charted and peaked at number 48 , and stayed on the chart for eight weeks . Elsewhere , " One of Those Days " peaked at number 94 in Switzerland , number 11 on the Belgian Flanders Ultratip chart , number seven on the Wallonia Tip chart and number six on the Hungarian Single Top 10 .

== Music video ==

The music video for " One of Those Days " was directed by Kevin Bray and was shot on October 18 and 19 , 2002 . The video was shot in Midtown , Atlanta and the club featured in the video is the Nomenclature Museum in Atlanta . According to Arista , " The music video is about Whitney rescuing her girlfriends whom are having a bad day . " The video shows Houston enjoying a day out and hanging out with her friends at the club , and having a massage at a sauna . The girls end their day out at the club , where Ronald Isley himself makes a cameo appearance .

== Live performances ==

Houston performed " One of Those Days " in a mini @-@ concert at Lincoln Center Plaza , along with " Tell Me No " and " Do You Hear What I Hear ? " on December 9 , 2002 . Donning a " jeans , a cream @-@ colored turtleneck , full @-@ length shearling coat and sunglasses " , Houston performed the song as the opening number of the concert to a crowd of about 4 @, @ 000 people . Fox News commented that " Houston still [sings] like an angel " , but noted that she was " very loose " on stage . The performance aired on Good Morning America the next day .

== Formats and track listings ==

== Credits and personnel ==

Credits for " One of Those Days " are adapted from Just Whitney liner notes .

Kevin " She 'kspere " Briggs ? songwriter , producer , arrangement , MIDI

Dwight " Lil ' Skapp " Reynolds ? songwriter

Ernest Isley ? songwriter

Marvin Isley ? songwriter

Christopher Jasper ? songwriter

Kelly Isley ? songwriter

Patrice " Buttaphly " Stewart ? songwriter , vocal production

Ronald Isley ? songwriter

Rudolph Isley ? songwriter

Whitney Houston ? lead vocals , backing vocals , vocal arrangement

Ben Briggs III ? audio recording

Kevin " KD " Davis ? audio mixing (at Circle House Recording Studios , Miami , Florida)

Sharlotte Gibson ? backing vocals

== Charts ==