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REDISCOVERED



TRUST ME

(M. Read, T. Meyer Kongshavn, F. Amundsen, K. A. Sørum)

Baby don't, baby don't, treat me right,
I better get, better get outta sight
Guess my dinner's in the dog tonight
Shouting out shouting out at me all night
Ringing in my ears til the morning light
Baby just wanna have a fight tonight

Alright, it's ok tomorrow's another day

I would never tell you lies
You know I'm not that kind of guy
Cos I'm just trying to make it right
Trust me you can't trust me
But try

Baby don't, baby don't break away,
Hear me out, hear me out, what I say
I can't take it for another day
Burning up, burning up, baby stop
Cool It down now before you blow your top
I guess the dog's back sleeping in my spot

CHRISTOPHER COLUMBUS

(B. Adams, M. Read, P. Mascall)

Standing in line, talking bout nothing
When you walk right by
And I wanna say something but
I'm so shy it hurts
You don't see me if I gave you my compass
Then would you be more like
Christopher Columbus
And explore my world

Hey now I've gotta tell you
No I'm bursting to tell you
I can't keep it inside

Oh here goes, the truth is I'm yours
But I may not be necessarily
what you're looking for
But oh who knows what fate has in store
Come take a chance on me baby
Come knock knock on my door
Come knock knock on my door

So the secret's out I've been discovered
I'm feeling vulnerable my hearts uncovered
But there's no reply
I'll still be here,
I'll still be waiting
I'll keep a look out until your ship
comes sailing in
Will you ever be mine

Hey now how can I show you
No I'm bursting to tell you
I can't keep it inside

Am I too late,
have you been discovered
I wish I'd been more like Christopher Columbus
And found you first





RIOT

(B. Adams, S. Skjoldnes)

I got it wrong I made you angry so it seems
Say I'm a douche bag but I don't know
what that means
I'm in the doghouse baby
please throw me a bone
You need some space but I can't bear to be alone
And I don't know how to control your temper
Just breathe in breathe out

I don't like it when you sit there quiet,
Say it's nothing but I just don't buy it
Think there's gonna be a Riot
A Riot
Here we go I know I should start running
See your face and then I know what's coming
Yeah there's gonna be a Riot,
A Riot

I tried to call you like a hundred times today
Your so black and white when I'm all
different shades of grey
I come around to see you
but it only makes it worse
This won't be our last fight
and it sure hell ain't the first

I wanna hear you shout
Let go of your temper
Just breathe in breathe out

We've got to make up wo oh oh



THAT SOMEBODY IS ME

(B. Adams, M. Read, L. Greene, L. Mac)

Forget about the world outside
This is now or never
I know we're gonna own this night
You and I together

You been looking in the wrong,
wrong place for love
You been reaching out but you just can't touch
You been thinking bout it way too much
If you wanna be with someone

That Somebody is Me

Forget about the world outside
I'll be the best you ever
This is gonna change your life
I'm here to make it better

LOVESICK

(B. Adams, M. Read, T. Lee, P. Mascall)

They say I should leave her but I won't
Thinking of ways to walk away now but I don't
Even if I could find the cure then I wouldn't try it
Cos there's no way that I can say goodbye

I'm in love x 6
Baby I'm lovesick
Save me I'm lovesick
Gimme that
Love x6
Gimme your love quick
Cos baby I'm lovesick
Gimme that glow
Gimme that, gimme that
Glow
Gimme that, gimme that
Glow
Gimme that, gimme that
Glow

They said I was wasting time with you
Said I was crazy only one thing I should do
But I know the pill that I should take
would taste so bitter
Guess I'm addicted to the pain
you put me through

FALLEN FROM GRACE

(M. Read, B. Adams)

Is anybody there?
I come up for air
Feels like I'm drowning

Does nobody care?

It makes no sense at all
Such a long way to fall
I knew it was coming
I could feel it in the air

Feels like I'm falling
Its time but you're stalling
You said all you need is
A little time and some space
These words that you've spoken
Have left me so broken
Seems at this moment
That I've fallen from grace

Is anyone around?
My head hits the ground
I feel like I'm no one
I'm lost in the crowd
It makes no sense at all
So divided we fall
I'm breaking my silence
But you don't hear me call
And you don't see me fall

And everyday just seems the same
I try so hard to walk away
From everything I am
Just closing in on me
I just can't face the pain
I sit around and wonder why
So many dreams can fade and die
Well nothing is forever
Everything is never
And I can't say goodbye







STARLIGHTS

(B. Adams, M. Read, L. Mac)

Starlights

Even though I'm not with you tonight
Just let them light up your room
You know they're shining for you
We're looking out on the same sky
Starlight's

Everybody gets down sometimes
When I get down I turn to rhymes
I write lyrics like a diary
When the words come out yeah it's good for me
But everybody needs a little help
When you're lost for words
and can't help yourself
Just step on out onto your balcony and

Just look up to the starlight's
Even though I'm not with you tonight
Just let them light up your room
You know they're shining for you
We're looking out on the same sky
Starlight's.

Why you lost your confidence
You're beautiful it don't make sense to me
It's been a while since I seen you laugh
Last time you faked it for a photograph
And when there's no one there to hold you
And you're all out of hope just remember what I
told you
Go step out on your balcony and

Every night, know where you'll find me
I'm in the sky the moon beside me

Just look around up there and I'll be
Waiting here waiting for you

BLACKOUT

(B. Adams, M. Read, P. Mascall)

Your eyes they tell me something
I heard a rumour saying you're alone again
On your own again
That really got me thinking
I know you're looking for a love
But maybe until then
You just need a friend

We don't have to tell nobody
Oh our secrets safe don't worry
No strings no complications
It's just a win win situation

Don't stop don't resist
Cos you and I can co-exist
When the lights go out
When the lights go out
When the lights go out
Reach out take a risk
And be my friend with benefits
When the lights go out
When the lights go out
When the lights go out

Go separate ways when leaving
Both knowing later you'll be home with me
Be alone with me
No heart that we're deceiving
No harm in what we're feeling
As long as we don't think of what could be

JUST 3 WORDS feat. Annie Khalid (B. Adams, C. Ingebrigtsen, M. Read, A. Khalid)

No more drama
I'm going under
With your face so full of thunder
Lay it on me
Evidently
There's an elephant in the room

Can't think straight I can't go on
It's hit me hard but I can't give up
Speak to me cos it's killing me

You can change my world
Just say the line
With just three words
You'd save my life

When it comes down
To the wire
One spark can start a fire
So come on now
Let it all out
Before my heart goes tick tick boom

Can't think straight I can't go on
It's hit me hard but I can't give up
Speak to me cos it's killing me

Think about how eleven letters
Mean the world when they're put together
They can change our lives forever
Say them now cos it's now or never



STONES feat. 'My Favorite Enemy'
(C. Ingebrigtsen, M. Hunter Ochs, U. Wilhelmsen)

I used to be stardust
Then came the big bang
Then I turned to mountains, the bedrock, the sand
Chiseled and broken
Shaped by a man
Turned into weapons in his hands

Too many stones
Too many stones
Too many stones have been thrown

A piece of a bridge
A brick in the wall
I can be anything at all
The tip of an arrow
The very first wheel
I held the commandments
And always will

So lay me down
Build a path
Walk on me together
Let me be your common ground
And hold on to each other
Lay me down
Lay me down
Lay me down
Lay me down
Too many stones
Too many stones
Too many stones have been thrown

A piece of a bridge
A brick in the wall
I can be anything at all...

My Favorite Enemy is the name of an unlikely collaboration between top selling Israeli, Palestinian, Jordanian, Norwegian and American songwriters and recording artists. This courageous group of musicians bridges the traditional sonic influences of the Middle East with contemporary pop songwriting. With lyrics in Arabic, Hebrew and English, the group offers tangible proof that music can cross borders, transcend conflict - and, is truly the world's universal language.

For more information,
please visit:
WWW.IYOUWE.ORG



GRATEFUL

(C. Ingebrigtsen, M. Hunter Ochs)

When I'm grateful
And I'm staring at the sky
I feel so small like a ship against the tide
Still I know there's a simple truth

I am grateful
When I hear the saddest song
In that moment I know I am not alone
Someone else feels the same way too

To be grateful even in my heartache and my pain
To be grateful when it feels like I'm about to break

Ever grateful
For the scars along the way
And I'm thankful for each mistake I've made
Cos somehow it all led me to you

To be grateful even in my heartache and my pain
To be grateful when it feels like I'm about to break

When I'm grateful
And I'm staring at the sky
I feel so small – still so good to be alive
Cos I know I share it all with you



A photograph of two men in a room with light-colored wooden floors. They are both leaning forward, looking down at their hands which are holding small, colorful plastic figures. The man on the left is wearing a light blue button-down shirt and has a wide, joyful smile. The man on the right is wearing a dark purple shirt and has a more neutral, focused expression. The lighting is soft and warm.

Tracks 2, 3, 5 and 8 Produced & Mixed by Ben Adams at Planet A Studios for Planet A Productions

Tracks 4 and 7 Produced by Lee McCutcheon & Mixed by Paul Gatehouse

Track 5 Produced by Ben Adams & Toby Lee

Track 1 Produced & Mixed by Thomas

Kongshavn at Bare Rock Studio

Guitars, Bass & Programming - Thomas Kongshavn

Drums - Frode Eggum Have

Additional Backing Vocals - Frida Amundsen &

Knut Anders Sørum

Mastered by Björn Engelman at Cutting Room, Stockholm

Track 6 Produced by Mark Taylor for Metrophonic additional production by Chris Winter. Remixed by a1. Taken from the album Peace at Last on CBM Records

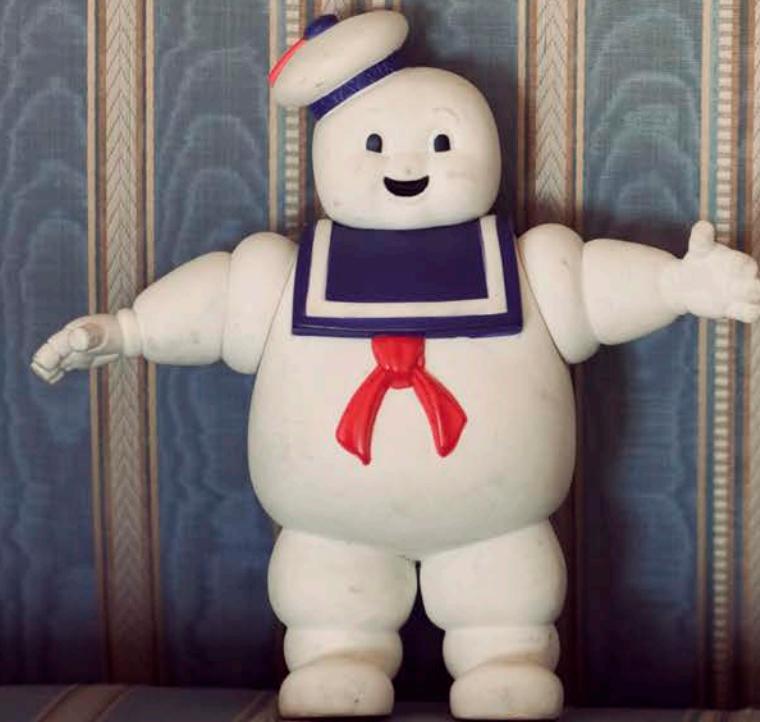
Piano - Mark Read

Guitars - Adam Phillips

Track 9 produced by a1. Additional production & mixed by Rykkinnfella

Guitars on track 2 and 8 - Patrick Mascall

Oud on track 9 - Toby Lee



Track 10 Produced by Christian Ingebrigtsen,
M. Hunter Ochs & Whiteroom
Mixed by Billy Decker & Christian Ingebrigtsen
Piano: Christian Ingebrigtsen
Additional Piano - Michael Hunter Ochs
Keyboards – Brett Vargason
Bass – Craig Young,
Drums – Shannon Forest
Guitars – Todd Shay
Oud - Zaid Modhi
Additional guitars and keys recorded and
produced by Zodlounge, Nashville,TN

Track 11 Produced by Christian Ingebrigtsen
Recorded at Whiteroom by Bernt Rune
Stray & Bjørn Erik Pedersen
Mixed by Bjørn Erik Pedersen
Guitar - Bernt Rune Stray
String arrangement - Bernhard Bornstein
Violin I – Alain Canonica
Violin II – Ida Sundell
Viola – Damon Taheri
Cello – Paula Cuesta
Album Mastered by Chris Sansom at
Propeller Mastering

Publishing:

Ben Adams – Perfect Songs
Christian Ingebrigtsen – EMI Music
Publishing Scandinavia
Mark Read – Copyright Control

Thomas Meyer Kongshavn – daWorks Mu-
sic publishing
Michael Hunter Ochs – Songs Of Ochs/
Adm. by Kobalt Music Publishing (ASCAP)

Lee Mac – Metrophonic
Patrick Mascall – Metrophonic
Lisa Greene – Metrophonic
Sara Skjoldnes – Copyright Control
Toby Lee – Copyright Control
Unni Wilhelmsen – Copyright Control

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BEN ADAMS

Vocals, Keyboards, Programming

CHRISTIAN INGEBRIGTSEN

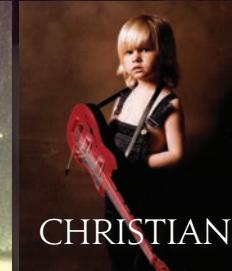
Vocals, Guitars, Piano

MARK READ

Vocals, Piano, Keyboards



MARK



CHRISTIAN



BEN

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The Føyen Family and everyone at Abildsø Gård and MEP.



To all those who have REDISCOVERED us, or those that have just discovered us
for the first time and everyone else all over the World who have stayed true
for all these years, we are truly grateful.

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