

## Inspirational Music List

This is a list of old and new songs from many different kinds of music. Some of these songs and their lyrics could be helpful for coping during recovery.

Try to find all of these songs on [www.YouTube.com](http://www.YouTube.com) and chose the versions that have lyrics on the screen so you can follow the words. Avoid any upsetting images (if you watch the music videos).

Mark the songs that you have listened to, and circle the ones that are helpful to you. Play them as often as you want to, as one of your ways of coping.

- **A Little Bit Stronger** – by Sara Evans
- **Alive Again** – by Matt Maher
- **Anyway** – by Martina McBride
- **Breakaway** – by Kelly Clarkson
- **Coming Out of the Dark** – by Gloria Estefan
- **Count on Me** – by Default
- **Dare You to Move** – by Switchfoot
- **Dear Prudence** – by Beatles
- **Ever Since the World Began** – by Survivor
- **Eye of the Tiger** – by Survivor
- **Fix You** – by Coldplay
- **If You Just Believe** (from The Polar Express soundtrack) – by Josh Groban
- **Invincible** – by Muse
- **Hero** – by Mariah Carey
- **I Believe I Can Fly** (from Space Jam soundtrack) – by R. Kelly
- **I Hope You Dance** – by Lee Ann Womack
- **I Want to Live** – by John Denver
- **I Will Survive** – by Gloria Gaynor
- **I Won't Let Go** – by Rascal Flatts
- **Keep Your Mind Wide Open** (from Bridge to Teribithia soundtrack) – Anna Sophia Robb
- **It's My Life** – by Bon Jovi
- **Landslide** – by Fleetwood Mac
- **Let Me Be Myself** – by 3 Doors Down

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- **Little Wonders** (From Meet the Robinsons soundtrack) – by Rob Thomas
- **Never Surrender** - by Corey Hart
- **One Step at a Time** – by Jordin Sparks
- **Peace Train** – by Cat Stevens
- **Reach** – by Gloria Estefan
- **Simple Man** – by Lynyrd Skynard
- **The Circle of Life** (from The Lion King soundtrack) – by Elton John
- **The Climb** – by Miley Cyrus
- **The Rose** – by Bette Midler
- **Times Like These** – by Foo Fighters
- **Unwritten** – by Natasha Bedingfield
- **You Raise Me Up** (from Secret Garden soundtrack) – by Brian Kennedy and Josh Grobin
- **Win** – by Brian McKnight

What other songs are inspirational or comforting to you? Are there some that you think should be added to this list?

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The songs were recommended by Mary Knutson RN, Joyce RN, and the following websites or blogs:

<http://www.socialanxietysupport.com/forum/f34/songs-that-inspire-you-to-overcome-adversity-96939/>

<http://able2know.org/topic/151427-1>

<http://celestinechua.com/blog/inspirational-songs/>

<http://www.soberrecovery.com/forums/what-recovery/28260-songs-about-addiction-recovery-post-your-recommendations.html>

<http://www.soberrecovery.com/forums/substance-abuse/159830-inspirational-songs.html>