

Index - of Chapters, Years, Main tunes

Chapter	Chapter Name	Years	Chapter's main tune/theme
Ch. 1 -	Angel on my bike	'79	'Angel on my bike' - Wallflowers/Dylan
Ch. 2 -	Are you with me Doctor?	'79-'82	'Doctor Wu' - Steely Dan
Ch. 3 -	A Fill for Every Need	'80-'84	'A Fill for Every Need' - Deucemark
Ch. 4 -	Freedom Rider	'85	'Freedom Rider' - Traffic
Ch. 5 -	Hedonism	'85	'Dreadlock Holiday' - 10CC
Ch. 6 -	One-Track skiing	'86	'Bitter Creek' - Eagles
Ch. 7 -	Lost sailor, found skiing	'86	'Cruel to be Kind" - Nick Lowe
Ch. 8 -	My Old School	'86-'87	'My Old School' - Steely Dan
Ch. 9 -	Climb Every Mountain	'87-'88	'Climb Every Mountain' - Sound of Music
Ch. 10 -	Living in the USA	'88	'Living in the USA' - Steve Miller Band
Ch. 11 -	Take the Long Way Home	'88-'90	'Take the Long Way Home' - Supertramp
Ch. 12 -	Angel, ain't it good to be Alive	'90	'Angie' - The Rolling Stones
Ch. 13 -	Dreams I'll never see	'90-'91	'Dreams' - Allman Brothers
Ch. 14 -	Take a Free Ride	'91-'93	'Razor Boy' - Steely Dan
Ch. 15 -	Last Dance with Mary Jane	'93-'94	'Last Dance with Mary Jane'/WP - Tom Petty
Ch. 16 -	Where it All Begins...ends	'94	'Where it all Begins' - Allman Bros.
Ch. 17 -	Goodbye - Hello	'95-'99	'Hello Goodbye' - The Beatles
Ch. 18 -	Running like the Wind	'00-'02	'Running like the Wind' - Marshall Tucker
Ch. 19 -	Rocky Mountain Way	'02-'05	'Golden Lady' - Stevie Wonder
Ch. 20 -	A Higher Place	'05	'A Higher Place' - Tom Petty
Ch. 21 -	Something in the Air	'06	'Something in the Air' - Tom Petty
Ch. 22 -	Working on the sequel	'06-'07	'Everyday I write the Book' - Elvis Costello

Musical Foreword - The One-Track Song-Man

The 70's, 80's & 90's **tunes and lyrics in bold** - used and seen throughout the book, and with the BEST parts of our earth's Para skiing, prosthetics & sports evolutions happening in the 80's and 90's - all can and **should of course be listened to** (with a couple little commands into your cell or device) while reading the book, or later....**on YouTube** and/or Vimeo where they'll instantly pop up, as it's now star-date 2024 as this E-book comes out.

The 'archive' pictures used throughout the book were often times taken from videos, DVDs and website screens, and so they look blurry and almost like water-color paintings at times. But that "water-coloring" effect of removing pixels perhaps does the trick for the visuals & pics needed of the 80's and 90's...and our evolutionary past can never be too clear.

When I started writing the **One Track Song-Man(yrs. '79-'07)**, and going with this book title which I came up with - along with college room-mate Joe calling and nick-naming me "the song man" - all the most excellent songs and lyrics **seen/written** at points in my life that played either in my head, on the car cassette or radio, boat cassette or radio, home/bedroom 'stereo system', by the live band, Mexican cab ride or played on other speakers - actually all musically happened to me at those moments in my completely factual and non-fictional, BUT crazy, adaptive, comical and '**musical always**' script! ...which I sure as shit didn't write or come up with myself, and just decided to go with and become an amputee Para skiing & sports media-making, grassroots, satirical writer, video producer AND always musical story-teller of.....and then of other evolutionary and elite US Para skiing and sport athletes.

So yeah, it's 2024 now, and there's NO going back to the 70's, 80's or 90's evolutionary Para skiing & sports days, nor back to those best songs & rock n roll days and decades ... unless you command yer smart device to **listen to all the sweet 76 songs/lyrics seen in bold** - freely floating out there now on Youtube in our planet's cyberspace - **as you read the book.**

...and thus lastly, and as you read - '**Rock on**'.