

Fresher Longer

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| 1 Crusadin | 7:46 | Tempo: Medium Affiliation: BeJoodle Music BMI Composer: Bill Holloman | Alternate Tracks: 60 second 30 second |
| Style: Groove Funk Description: A smooth jazz groove with a happy and easy going atmosphere. | | | |
| 2 Palo Alto Paradise | 7:27 | Tempo: Medium Slow Affiliation: Joodle Music ASCAP Composer: Robert Casinghino | Alternate Tracks: 60 second 30 second |
| Style: Jazz Description: A funky smooth jazz groove with a good time feeling. | | | |
| 3 Long Day's Night | 7:30 | Tempo: Medium Affiliation: Joodle Music ASCAP Composer: Conquest/Talbot | Alternate Tracks: 60 second 30 second |
| Style: New Age Jazz Description: Pop jazz at its finest with a strong melody and a poppy beat. | | | |
| 4 Red Sky | 6:02 | Tempo: Medium Affiliation: Joodle Music ASCAP Composer: Conquest/Talbot | Alternate Tracks: 60 second 30 second |
| Style: New Age Jazz Description: An open spaced feel with a healthy dose of a good time feeling. | | | |
| 5 Pacesetter | 7:41 | Tempo: Fast Affiliation: Joodle Music ASCAP Composer: Conquest/Talbot | Alternate Tracks: 60 second 30 second |
| Style: Electronic Synth Description: A fast-paced pumping pop number that sets the pace for any uptempo activity with a nice little half time section. | | | |
| 6 Waterfall Samba | 6:56 | Tempo: Medium Fast Affiliation: BeJoodle Music BMI Composer: Bill Holloman | Alternate Tracks: 60 second 30 second |
| Style: Jazz Fusion Description: A smooth jazz samba that can take you away and let your possibilities soar. | | | |
| 7 Spring Breeze | 8:19 | Tempo: Medium Slow Affiliation: Joodle Music ASCAP Composer: Conquest/Talbot | Alternate Tracks: 60 second 30 second |
| Style: Jazz Fusion Description: You can feel the breeze just float by on this island pop jazz number! | | | |
| 8 Crusadin | 2:16 | Tempo: Medium Affiliation: BeJoodle Music BMI Composer: Bill Holloman | Alternate Tracks: 60 second 30 second |
| Style: Groove Funk Description: A smooth jazz groove with a happy and easy going atmosphere. | | | |
| 9 Palo Alto Paradise (edit element) | 2:31 | Tempo: Medium Slow Affiliation: Joodle Music ASCAP Composer: Robert Casinghino | Alternate Tracks: 60 second 30 second |
| Style: Jazz Description: A funky smooth jazz groove with a good time feeling. | | | |
| 10 Waterfall Samba (edit element) | 2:44 | Tempo: Medium Fast Affiliation: BeJoodle Music BMI Composer: Bill Holloman | Alternate Tracks: 60 second 30 second |
| Style: Jazz Fusion Description: A smooth jazz samba that can take you away and let your possibilities soar. | | | |
| 11 Spring Breeze (edit element) | 1:22 | Tempo: Medium Slow Affiliation: Joodle Music ASCAP Composer: Conquest/Talbot | Alternate Tracks: 60 second 30 second |
| Style: Jazz Fusion Description: You can feel the breeze just float by on this island pop jazz number! | | | |