

- 1 Get Up!** (5:27)
- 2 Land of Oak** (5:59)
- 3 It's Your Thing** (6:12)
- 4 I Thank You** (6:36)
- 5 Sing a Simple Song** (6:00)
- 6 Truth Spoken Here** (7:38)
- 7 Elegant People** (7:30)
- 8 Civil War** (7:41)
- 9 Yeah Yeah Yeah** (7:52)

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Produced by **Marty Ashby**