

# LIFE IS A JAM DAVID GANS

WITH MARK KARAN, MOOKIE SIEGEL,  
JOE KYLE, JR., AND DAVE BROGAN

1. LIFE IS A JAM/AFTER BREAK ("A" SIDE) 9:25
2. LIFE IS A JAM/E MINOR JAM ("B" SIDE) 7:49
3. LIFE IS A JAM/FIRST KEEPER (BONUS TRACK) 9:22

Background vocals:  
Cartoon by Roy Schneider  
Zac Matthews and Bear Kibby



Life is a Jam: Words and music by David Gans  
Jams by Gans, Karan, Siegel, Kyle, Jr. and Brogan  
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