



INGRID D JOHNSON

WOUNDED SOUL VOLUME ONE & TWO

Vol. 1 - Ready for Change

1. My Smile (Intro)
2. Your Smile
3. No More
4. Let it Go
5. Oh, Oh
6. **Survivor's Chant interlude
7. Warrior
8. Subliminal Messages
9. Time for a Change
10. The Boogie Man
11. Internet Dating
12. Tired
13. Unloveable (Outro)

Vol. 2 - Ready to Love

1. Hurry Up
2. Wanting to Love You
3. How I
4. Feel the Way I Feel
5. Love you Baby
6. Things You Do
7. Black Woman Feeling Bad
8. **Gonna Treat U interlude
9. Not too Late
10. My Soul
11. You & Me
12. I Don't Care
13. **Visions & Dreams (outro)
14. Musiq
15. Wanting to Love You

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Featuring brand new singles:

“You and Me”

“Let it Go”

“I don't Care”

“Hurry Up”

“Things You Do”

BIOGRAPHY

“WOUNDED SOUL Volume 1 & 2” is a CD compilation of candid spoken word tracks and carefully crafted pop/R&B infused songs written, co-written, arranged, performed and co-produced by Ingrid D. Johnson.

According to Ingrid, “the spoken word tracks and songs on Wounded Soul Volume 1 & 2 embody an intimate musical and spoken word journey into the soul of someone who overcomes sexual abuse. It takes the soul of a survivor from a place of coping with the after effects of trauma (just surviving) ... to a place of thriving and overcoming sexual abuse.”

Ingrid D. Johnson considers herself an “over-comer” of sexual abuse. Everything this prolific musician and spoken word artist creates is to promote surviving, overcoming and eventually thriving after extreme personal adversity such as sexual abuse.

The CD captures various genres of music through a group of talented vocalists, hip-hop lyricists and talented producers from Winnipeg and Australia – all while showcasing Ingrid D. Johnson’s evolving songwriting, arranging, producing and vocal skills. The result: twenty-three songs and five poems delving into the chaos, pain, joy, and peace of personal, romantic, and spiritual relationships.

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