

## Introduction (Mike Posner / Keep Going)

Mike Posner

What up though?

You are about to listen to the mixtape Keep Going. The mixtape is 52 minutes long as is best listened to front to back with no interruptions. That means no e-mail, no texts, no phone, etc. If you do not have 52 minutes of undivided to devote, I politely and humbly ask you turn this off and come back at a later time

By the time you hear this, I will be in the middle of the hardest journey of my life. That is I will be walking, yeah walking, from the Atlantic Ocean to the Pacific Ocean. I will not fail

I created this project, these songs, and these affirmations to remind myself who I am when things get hard. I hope they can provide you the same strength

Love