



Life Lift

The Oprah blog



5 Things Poet Natasha Trethewey Knows for Sure



Cool Job: When "The Daily Grind" Takes On a Literal Meaning



The Worst and Weirdest Advice of All Time



Book of the Week: *The News from Spain*

A Wintry Weather Playlist from Dolores O'Riordan of The Cranberries

Posted: Mon 01/30/2012 01:36 PM | By: Kate Rockwood

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Photo: Courtesy of Jess Baumung

This month the blockbuster Irish band the Cranberries returns with the moody and introspective *Roses*, its first studio album in more than a decade. Here, Dolores O'Riordan, the 40-year-old lead singer and mother of four, shares her favorite songs to warm the soul.

For cozying up with the ones you love:

"As kids we didn't have a television at home, but we did have a record player. After school I'd sit by the window while my mother, who loved Elvis to bits, played 'Love Me Tender.' For me, this song still captures that feeling of being little and secure, thinking the

world was perfect and simple."

For a mood boost:

"There's a tradition in Ireland that on St. Stephen's Day, the day after Christmas, kids go house to house singing for money or candy. Once I got older, I realized people are more generous after a few pints, so I started singing in pubs. 'My Irish Molly O' was always a good song—it's strong and boisterous."

For a little nostalgia:

"I have such great memories of singing Marty Robbins's 'El Paso' in the car with my dad, who enjoys anything cowboy related. When I brought my husband home to Ireland, he was wearing a cowboy hat, and my dad was totally impressed. Now I love listening to this song with my own kids."

For feeling young:

"I often put on the Smiths to relax—especially 'There Is a Light That Never Goes Out.' I loved them as a teenager, and when I listen to them now, I'm instantly transported to adolescence. I think, 'I'm young!' And then I look in the mirror and go, 'Oh shit, wrinkles!'"

Keep Reading

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- The world according to Gayle: 6 things I'm crazy about

Topics: Creativity

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Arnaud Lhomme

Posted: Wed 2/1/2012 1:55 PM

Great one ! Thanks Oprah ;-) Luv U Dolores, U and The Crans rock !!!

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about Life Lift

The Oprah blog is a place where you can find engaging news coverage, fresh inspiration, and the straight talk you've come to count on. A place that provides the tools you need to make a change—if not in the world—then at least in your little corner of it. It's a place that will raise your energy, lower your blood pressure and occasionally make you laugh—in short, a place of possibility.

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