



*'I Am... I Said', took four months to complete. I knew it had great potential and I was unwilling to accept anything but the raw truth in the lyric. It was a daily battle to put this song and those sentiments on paper, but when it was done, it turned out to be one of the most satisfying songs I had ever written. It was nominated for a Grammy and still gives me chills when I perform it. - ND*

THE CHAIR: The chair is a reference to the psychiatrist's chair. Diamond battled with this song for 4 months following a near-breakdown after divorce and a move from New York to Los Angeles.

His failure to land the part of Lenny Bruce in the movie 'Lenny', left him close to breaking point and Diamond was depressed. Diamond eventually took a 4-year sabbatical from performing after his landmark appearance at the Greek Theatre in Los Angeles in 1972.

'I Am... I Said' has a far deeper meaning than most casual listeners imagine. The song is a masterpiece by a great songwriter. By his own admission, Diamond spent months in psychotherapy and this song explains wonderfully his thoughts and feelings at the time. In Gestalt therapy, a patient projects his thoughts into an empty chair while a counsellor looks on making notes. This may well explain the meaning of the word chair. It is too easy to dismiss the 'chair' as a trite attempt to make a rhyme, but Diamond is nothing but meticulous in his lyric writing and he has said that 'I Am... I Said' underwent countless rewrites until it said exactly what he wanted it to say. Diamond no doubt felt so alone and alienated that he must have felt that no-one was listening to his tortured cries... not even the (psychoanalyst's) chair.

