

# Arcwelder "Pound"

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(music arcwelder/words w. graber & s. macdonald)

Take down  
And now take along  
What you can't now

And sorens eyes  
Good for value prize  
Where's your head now

40 times  
Maybe 50 times  
Where's your heart now

Compromise  
If you can find the time  
Where's your pride now

When I walk out the door it'll be a sunny day  
And the breeze floating by blowing worries away  
From my mind  
I feel fine

Come around all of the fear and the paranoia  
Maybe half a pound all of the stress is unhealthy for ya  
Where's the sky now all of the pain and the aggravation  
All of the grind and the desperation  
Cut it down til you feel proud if you want heat you  
should start a fire  
Where's your thoughts now if you want hope you  
should fuel desire  
If you want help you should try to find it  
Hit it and quit forget the pride that you leave behind it  
While we still can  
And we'll end pound

Hit it and quit it  
While we still can  
And we'll end pound

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