

## **August Burns Red "Composure"**

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Shake it off pick yourself up, they say  
Your life fell apart in your hands  
You've got the scars to prove it  
It's not the first time and they're getting deeper

Pull it together, button up your shirt  
Roll down those sleeves  
Don't let them see how you've coped  
It's not the first time and they're getting deeper

More and more  
Your demeanor looks like quicksand  
More and more  
Your demeanor looks like quicksand

It seems like you're giving up  
Giving up on everything you worked for  
It seems like you're giving up  
Giving up on everything you worked for

It's pulling you under  
It's gripping around your throat  
It's pulling you under  
It's gripping around your throat

It seems like you're giving up on everything  
It seems like you're giving up on everything  
It's pulling you under  
Life's pulling you under

Life can be overwhelming  
But don't turn your back on the strongest crutch  
You've ever had, you've ever had  
They have always been there to brace your fall

Wave goodbye to the past  
You've got your whole life to lead  
Wave goodbye to the past  
You've got your whole life to lead

Wave goodbye to the past  
You've got your whole life to lead

Wave goodbye to the past  
You've got your whole life to lead

You've got your whole life to lead  
You've got your whole life to lead  
It's time to gain some ground

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