

Erik Gronwall

"Breathe In Breathe Out"

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You don't have to say it loud
You don't have to cause a crowd
Nothing is beyond repair
the load is lighter when we share
Whenever we get in too deep
you never see the best of me
burning candles in the rain
I wear a smile to hide the pain

It's shattering in front of me
Everything we used to be

Breathe in, Breathe out
It's the hardest thing to do
When it all come's back to you
All the words that come out wrong
It's a battle no one's won
we can cover up the scars
but not escape from who we are
so before you scream and shout
take some time, breathe in
breathe out

The mirror's talking back at you
but you don't hear a word that's true
racing but we hit the curb
it might just be what we deserve
it's too late to start a fight
things aren't always black or white
you say we're at an all time low
Now tell me something I don't know

It's shattering in front of me
Everything we used to be
Breathe in, Breathe out
It's the hardest thing to do
When it all comes back to you
All the words that come out wrong
It's a battle no one's won
we can cover up the scars
but not escape from who we are

so before we scream and shout
take some time, breathe in,
breathe out

Is this all that's left to say
There must be a better way

It's the hardest thing to do
When it all comes back to you
All the words that come out wrong
It's a battle no one's won
we can cover up the scars
but not escape from who we are
so before we scream and shout
take some time, breathe in,
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