

## Julian Plenti "Only If You Run"

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I've had my frustrations about the pains of daily life  
I've tasted degradation and found the lace and candle  
light  
But we have the weights, we have the measures of our  
days and nights  
I've had my frustrations, but now, I've found my place

And you will make it  
But only if you run

These lonely dedications I've found, they bring me  
peace and light  
When three-fold applications of doubt surround my  
fate, you might say  
We have the weights, we have to wage an assault on  
what it is  
'Cause harmless medications abound, and you're not  
sick

You will make it  
But only if you run

Surprise  
Surprise  
Surprise  
Surprise

You will make it  
But only if you run

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