

## **Kate Nash**

### **"A Is For Asthma"**

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Ventolin you cause me so much grief,  
Having asthma it can be so annoying,  
Yeah but at least you haven't got other diseases and  
shit,  
Yeah yeah yeah, I know you're right, in an attack

It's just sometimes,  
When like  
You're feeling a bit down or whatever,  
You tend to like, lose sight of things,  
Like your perspective and stuff,  
And like everything's worse than it actually is,  
Ya know what I mean,  
Yeah yeah I know,

Sometimes in our lives,  
We can lose sight of things,  
They seem worse than in eyes than they actually have  
been,  
Got to keep in our minds some positive ,  
Some people it's not a choice if you live,

Life goes up and life goes down,  
Life can be so bad and then turn around,

Got to keep two feet on the ground,  
Got to keep in our minds everything's not black and  
white,  
Gotta fight for our rights,

Try and be happy and you'll be alright  
Try 'n' give us a smile and everything'll be alright,  
Try and be happy and you'll be alright,  
Try 'n' give us a smile,

Don't get how someone would buy stuff you don't  
need,  
Too much money, drugs, sleep, sugar, clothes  
Whatever,  
All of it will make you feel like shit if you have too much  
of the same thing,  
Just balance it out a bit,

Go for walks, read the news, get some good, loyal  
friends, let yourself be amused by little things,  
And remember- be in tact, stay calm and deep breathe.

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