

# Lifetime "Ampersand"

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Help me out because I'm lost in the struggle  
Too stupid I guess to show you my best  
I don't like the way you think  
I'm gonna quit today  
I wish I could kick and run, she wouldn't catch me  
Now I owe you one I thought as I watched you walk the  
parking lot  
There's a glow about me that's beautiful  
I'm so happy that I'm tingling  
I'm new and clean and focused, quite happy if you  
need to know but  
you've known the miles all along  
Although you've sung me your songs, I hate it when  
you ask me things  
when you know my brain is on empty  
I'd like to just go away to a place where no one hates  
me  
What about those things you said what about those  
things you read  
They only hurt you when you're down they only beat  
you on the ground

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